BRAWN'S DAWN: Unleash your body's potential by building strength | **Inside**

express

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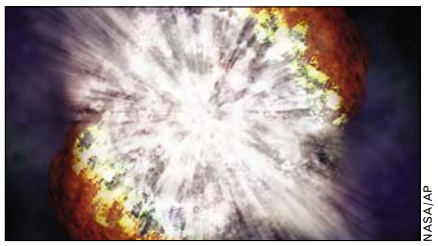
Tuesday



NASA/AP

An artist's rendering of SN 2006gy's explosion.

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ENTERTAINMENT

'Brave' Face: *Samuel L. Jackson* brings the war home in his new movie. Plus, Black Rebel Motorcycle Club & 'Rant.'

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Weather >> Mostly Sunny

75 | 55

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A Red Carpet Welcome for the Queen

EVAN VUCCI/AP

GUESTS OF HONOR: President Bush and first lady Laura Bush welcome Britain's Queen Elizabeth II and Prince Philip to the White House for a state dinner on Monday. In honor of the queen, the Bushes hosted their first white-tie dinner. ✤ **Fine touches:** Dinner captures some of Britain's regal flair | **Page 3**

Senate Nixes Imported Drugs

Certification amendment thwarts bid for cheaper medicine

WASHINGTON | In a triumph for the pharmaceutical industry, the Senate on Monday killed a drive to allow consumers to buy prescription drugs from abroad at a significant savings over domestic prices.

On a 49-40 vote, the Senate required the administration to certify the safety and effectiveness of imported drugs before they can be imported, a requirement that officials have said they cannot meet.

"Well, once again the big drug companies have proved that they are the most powerful and best financed lobby in Washington," said Sen. David Vitter, a Louisiana Republican.

The vote neutralized a second amendment, later passed on a voice vote, that would legalize the importation of prescription drugs manufactured in Canada, Australia, Europe, Japan and New Zealand.

Sen. Mike Enzi, a Wyoming Republican, said the requirement for a safety certification was essential to protect the public.

Overseas, drugs can cost two-thirds less than they do in the United States, where prices for brand-name drugs are among the highest in the world. In many industrialized countries, prices are lower because they are either controlled or partially controlled by government regulation.

Sen. Byron Dorgan, D-N.D., said allowing imports would drive down the price of U.S. brand-name drugs. ANDREW BRIDGES (AP)

THIEVERY | **Convenience Cons** A couple who tried to rob a bank via its drive-through were sentenced to five years and four months in prison Friday, the Naperville (Ill.) Sun reported. They had driven to the bank and put a note in the pneumatic tube

reading "You have 10 seconds to fill up the tube with 100s and 50s. No dye packs." The teller simply locked down the bank and set off an alarm. The couple sped away and robbed another bank — in person. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

VANDALS

Machine Gains Sentience, Realizes Humans Are Morons

Two young Norwegian vandals overlooked a small but crucial detail when they started smashing up an elevator: They were in it. And the elevator at the Lillestroem Train Station seemed to be of the vengeful sort, sealing its doors. The pair, in their early 20s, went into the elevator late on April 21, waited for the doors to close and started to kick them. They kicked so hard the doors jammed and the elevator stopped. Guards tried to lower the elevator, which jammed the doors more, so they called the police and fire department. (AP)

GROSS

Show-and-Tell Material for Life

What began as a faint popping in a Albany, Ore., boy's ear — "like Rice Krispies," said 9-year-old Jesse Courtney — ended with the news that a pair of spiders had nested in his ear. When Dr. David Irvine irrigated the child's ear, the first spider came out, dead. The other spider took a second dousing before it emerged, still alive. Both were about the size of a pencil eraser. Jesse was given the spiders — now both dead — as a souvenir. He has taken them to school, and his mother has taken them to work. (AP)

TIMM SCHAMBERGER/AFP/GETTY IMAGES

STUNTS

Wire Snap

Naturally, a year after you fall 130 feet off a giant pole and sustain serious injuries, you would want to dangle from a motorbike as your dad crosses a tightrope. On the motorbike. German high-wire artists Johann Traber Jr., bottom, and his father, Johann Traber, were back in the sky in Munich on Sunday, the first appearance since Johann Jr.'s horrifying fall in Hamburg, Germany. (EXPRESS)

PUNISHMENT

Like the Stocks, Only Super-Trashy

Shoppers entering the Wal-Mart Supercenter in Attalla, Ala., got a reminder not to try anything funny: Two shoplifters stood outside with signs reading "I am a thief; I stole from Wal-Mart." Attalla City Judge Kenneth Robertson Jr. ordered the two people to wear the signs for four hours each on two successive Saturdays. "The only comments we've heard so far have been positive," said store manager Neil Hawkins. "Most of them thought it was a good thing." One of the alleged shoplifters maintained she wasn't guilty. (AP)

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NO DANGER: Agriculture Secretary Mike Johanns said Monday it is safe to eat pork and chicken from animals whose feed was mixed with contaminated pet food. Testing found the contaminant was too diluted to be a threat to humans.

Nation

In Brief

CARLOS OSORIO/AP

Sen. Barack Obama, D-Ill., speaks on U.S. energy policies Monday in Detroit.

DETROIT

Obama Faults Automakers For Lack of Fuel Efficiency

Democratic presidential candidate Barack Obama on Monday faulted U.S. automakers for failing to take the lead in the production of fuel-efficient vehicles. Uttering words not often spoken in Detroit, Obama said U.S. energy policy must change in order to help domestic automakers answer the rising global demand for efficient autos.

"Our goal is not to destroy the industry, but to help bring it into the 21st century," Obama said. (AP)

LAS VEGAS

Man Killed by Mysterious Explosive in Casino Garage

A device left on the top of a car in a casino parking garage exploded early Monday, killing a man who tried to pick it up, authorities said. The blast, shortly after 4 a.m. on the second floor of a garage behind the Luxor hotel-casino, was not considered a terrorist act, police said. The victim worked at a business inside the hotel, police said. (AP)

Capital Welcomes Queen With Style

President holds his first-ever white-tie dinner in her honor

WASHINGTON | Droves of adoring schoolchildren and ladies in hats turned out for Queen Elizabeth II's visit to Washington on Monday. The White House laid on special touches, too, at President Bush's first-ever white-tie state dinner to honor America's closest ally.

The centuries-old vermeil flatware and candelabras came from a London silversmith. A made-of-sugar replica of the queen's 1953 coronation rose graced the cake. English farmhouse cheeses accompanied the salad course.

And the traditional "special guest" invited only at the last minute was sure to be of interest to an avid horse enthusiast such as the queen: Calvin Borel, the jockey who rode Street Sense to victory in the Kentucky Derby last weekend.

JONATHAN ERNST/AFP

Queen Elizabeth II greets schoolchildren while walking from the White House to Blair House along Pennsylvania Avenue. The queen is on a six-day trip in the U.S.

On the other hand, there was the president suggesting Queen Elizabeth was more than 230 years old.

The president's slip of the tongue during welcoming speeches was inadvertent, of course, and quickly smoothed over with humor.

The queen gave an embarrassed Bush a gracious nod after he suggested she had celebrated the United States' founding in 1776. He meant to say she had attended 1976 bicentennial festivities.

"She gave me a look that only a mother could give a child," the president quipped.

Gaffes aside, the day had the White House at its freshly painted best and brought excitement inside and outside its gates.

But despite the excitement and hundreds of hours of preparation, First lady Laura Bush suggested that this white-tie affair could not only be their first — but last. She called the dinner "the most elegant and most formal that we'll host." (AP)

Source: Panel Critical of Wolfowitz

Top adviser to bank president resigns amid pay package uproar

WASHINGTON | A special panel has found that World Bank President Paul Wolfowitz broke bank rules in arranging a pay package and promotion for his girlfriend, a person familiar with the report said Monday.

Wolfowitz was presented with the findings by the special bank panel investigating his handling of the 2005 promotion and pay raise of bank employee Shaha Riza.

YVES LOGGHE/AP

A top adviser to World Bank President Paul Wolfowitz resigned on Monday.

The report was not made public, but the person familiar with its findings confirmed that violations were cited.

World Bank officials were bracing for a finding that Wolfowitz may have breached ethics rules in arranging the pay package for Riza.

The special panel met again Monday and has sent a report of its findings to Wolfowitz, according to people familiar with the probe.

The developments come as a top adviser to Wolfowitz, Kevin Kellems, said he is leaving the institution.

"Given the current environment surrounding the leadership of the World Bank Group, it is very difficult to be effective in helping to advance the mission of the institution. Therefore, I have decided to leave for other opportunities," Kellems said. (AP)

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Nation

GET THE GOOD STUFF: Two boys, ages 8 and 10, were caught burglarizing a day care center Sunday in Milwaukee. A police spokeswoman said the boys confessed to breaking into the center and stealing milk, Popsicles, paper, crayons and Play-Doh.

Record Supernova Wows Scientists

Star explosion is the brightest blast ever seen by astronomers

WASHINGTON | A massive exploding faraway star — the brightest supernova astronomers have ever seen — has U.S. scientists wondering whether a similar celestial fireworks show may light up the sky much closer to Earth sometime soon.

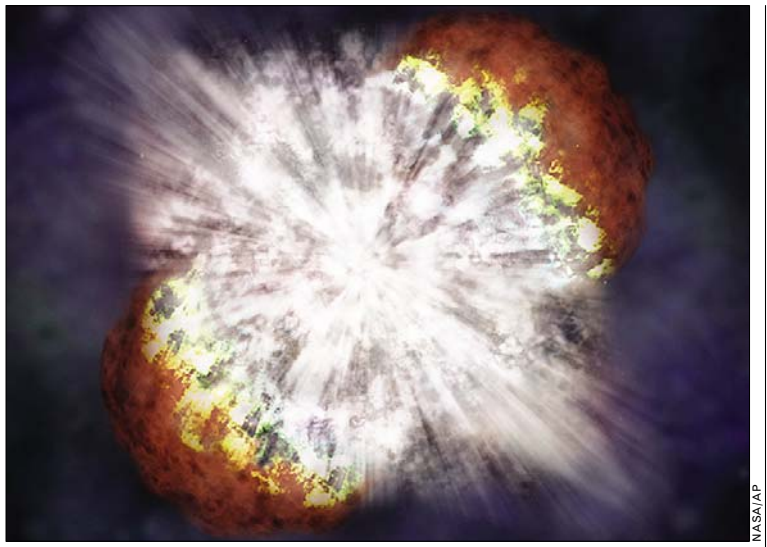
The discovery, announced Monday by NASA, drew oohs and aahs for months from the handful of astronomers who peered through telescopes to see the fuzzy remnants of the spectacular explosion after it was first spotted last fall.

Using a variety of Earth and space telescopes, astronomers found a giant exploding star that they figure has shined about five times brighter than any of the hundreds of supernovae ever seen before, said discovery team leader Nathan Smith.

"This one is way above anything else," Smith said. "It's really astonishing."

Observations from the Chandra X-ray telescope helped show that the star didn't become a black hole like other supernovae and skipped a stage of star death.

Unlike other exploding stars, which peak at brightness for a couple of weeks, this supernova peaked for an astounding 70 days, according to NASA. (AP)



NASA/AP

This illustration shows what the brightest supernova on record may have looked like when it first exploded. A researcher called the supernova "astonishing."

Executives Plead Guilty to Bribery

ANCHORAGE, ALA. | Two top officers of an oil services company pleaded guilty Monday to bribing Alaska lawmakers for their backing on bills supported by the multinational firm. Bill J. Allen, chief executive of Anchorage-based VECO Corp., and Rick Smith, a vice president, pleaded guilty in U.S. District Court to extortion, bribery and conspiracy to impede the Internal Revenue Service. Prosecutors say Smith, Allen and five state lawmakers conspired to buy the lawmakers' support with money and other financial benefits. (AP)

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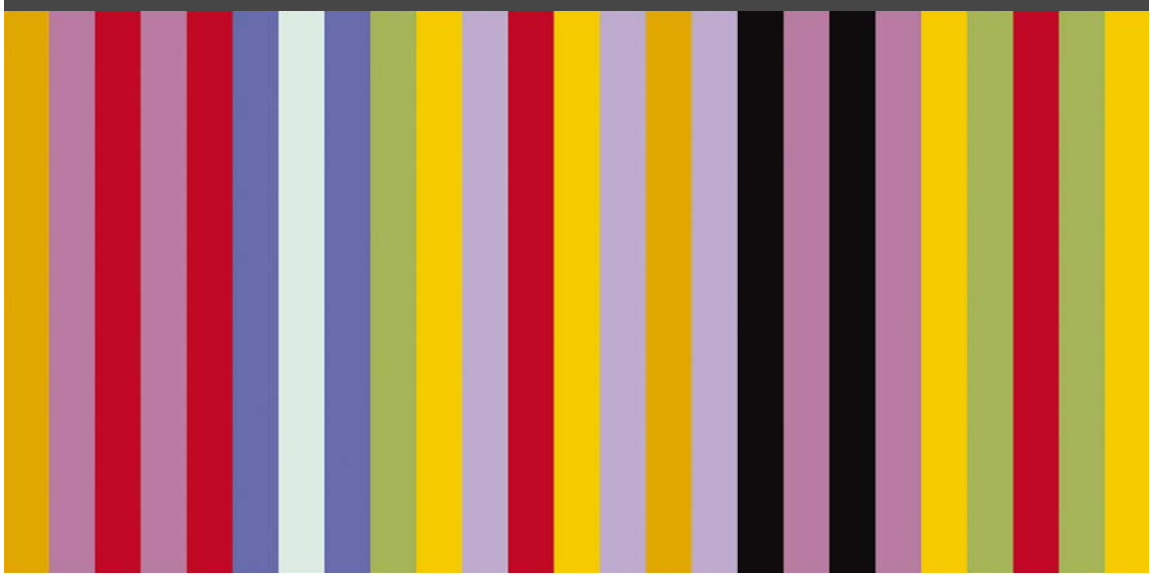

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PARLEZ-VOUS WHO? British Prime Minister Tony Blair took to the Internet on Monday to congratulate Nicolas Sarkozy on winning France's presidential election, posting video messages in English and in French. His English-language message praised Sarkozy as "a strong leader."

World

In Brief

KAMBOU SIA/AFP/GETTY IMAGES

Workers carry the body of a victim of the Kenya Airways crash in Cameroon.

MBANGA-PONGO, CAMEROON

Jetliner May Have Lost Engine Power; All 114 Killed

Investigators focused Monday on the possibility a Kenya Airways jetliner lost power in both engines during a storm just after takeoff and was trying to glide back to the airport when it plunged into a mangrove swamp 12 miles from the runway. All 114 people on board were killed in the crash, officials in this West African nation said after picking their way along a muddy path to the crash site. (AP)

ANKARA, TURKEY

Parliament Moves Toward Popular Vote for President

Turkey's parliament on Monday voted in favor of holding presidential elections by popular vote and staging general elections every four years — the first step toward a constitutional amendment the pro-Islamic government hopes will resolve a widening rift over religion. Parliament must now approve the proposal with a two-thirds majority in a second round of voting, which could be held later this week. (AP)

DHAKA, BANGLADESH

Ex-PM Greeted by Cheering Supporters After Ban Lifted

Former Prime Minister Sheikh Hasina, who had been barred from returning to Bangladesh after she was accused of speaking against its military-backed interim government, arrived in the capital Monday, and thousands of supporters cheered and sprinkled her with rosebuds. The government lifted a ban on Hasina's return on April 25, seven days after it barred her amid media reports that the government wanted to exile her. (AP)

Suicide Bombings Kill 13 in Ramadi

Al-Qaeda group says it was behind blasts that killed U.S. troops

BAGHDAD | Suicide bombers killed 13 people in a pair of attacks Monday around the Sunni Arab city of Ramadi in what local officials said was part of a power struggle between al-Qaeda and tribes that have broken with the terror network.

In all, at least 68 people were killed or found dead nationwide Monday, police said. They included the bullet-riddled bodies of 30 men found in Baghdad — the apparent victims of sectarian death squads.

The first of the Ramadi area attacks happened about noon in a market on the outskirts of the city, killing eight people and wounding 13, said police Col. Tariq Youssef.

About 15 minutes later, police at a nearby checkpoint spotted a second car bomb and opened fire, but the driver was able to detonate the vehicle, Youssef said. Five people, including two policemen, were killed and 12 were wounded, Youssef said.

ALAA AL-MARJANI/AP

GRIEVING: Relatives of Amir Jawad, 20, who was killed in a car bomb attack in Baghdad Sunday, mourn over his coffin during his funeral in Najaf on Monday.

The attacks occurred in areas controlled by the Anbar Salvation Council, an alliance of Sunni tribes formed last year to drive al-Qaeda from the area. Council officials blamed the attacks on al-Qaeda.

"They committed this crime because we have identified their hideouts and we are chasing them," said Sheik Jabbar Naif al-Dulaimi.

In a Web statement Monday, an al-Qaeda front organization, the Islamic State of Iraq, warned Sunnis against joining the government security forces — a move supported by the Salvation Council.

The Islamic State also claimed responsibility Monday for attacks that killed 34 people over the weekend — including six U.S. soldiers and a Russian embedded photojournalist who died in a roadside bombing in Baqouba. RAVI NESSMAN (AP)

On Defense in Baghdad

➜ Defending against attacks on U.S. and Iraqi military outposts in Baghdad is increasingly requiring heavy bulwarks reminiscent of fortress-like bases. | **Today's Post, A1**

IN The Washington Post

Sarkozy Earns Unlikely Supporters

Newly elected French leader wins women's vote, workers' respect

PARIS | Nicolas Sarkozy won the women's vote and fared well among blue-collar workers, even though his rival for the French presidency was a woman and a Socialist.

It was one of the surprising subplots in Sarkozy's resounding election victory over Segolene Royal — and shows his vision of pro-market reforms and scaling back immigration appeals to a wide audience.

Sarkozy's ability to attract votes from a broad spectrum of the public is an early indication he may be able to overcome his image as a polarizing force and achieve crucial popular support for pushing through his ambitious program of overhauling France's welfare system.

Official figures showed Sarkozy won France's one-time industrial heartland in the north, which French media said had not voted for a rightist presidential candidate since Charles de Gaulle in 1965.

CLAUDE PARIS/AP

Nicolas Sarkozy won 52 percent of the women's vote against Segolene Royal.

Sarkozy even tallied nearly 44 percent of the vote in the Seine-Saint-Denis region north of Paris, where a wave of rioting erupted in late 2005 while he was interior minister and infuriated many there by calling troublemakers "scum."

Right after his victory, angry youths burned cars and clashed with police in several cities. Police reported Monday that 730 cars were burned and at least 592 people detained overnight across the country, while some 78 officers were injured.

On Monday night, several hundred people massed for a second night at the Place de la Bastille in Paris, breaking windows in shops and starting street fires. Riot police dispersed them.

Experts said Sarkozy was able to steal working-class votes from the left by playing up his tough cop image and by pounding away at the theme that he believes in rewarding hard work.

Perhaps most striking was the 52 percent of the women's vote he captured against 48 percent for Royal, which indicated the campaign transcended gender issues and became truly a choice between ideas — the tough-love message of Sarkozy against Royal's more nurturing vision. JAMEY KEATEN (AP)

Israel's Olmert Survives Critical Parliament Vote

JERUSALEM | Embattled Israeli Prime Minister Ehud Olmert passed a parliamentary test with surprising ease Monday, defeating three parliamentary motions of no confidence by wide margins.

Under Israeli law, an absolute majority of 61 of the Knesset's 120 members is needed to adopt a motion forcing the government to resign. But each of the motions drew only 28 "yes" votes, while the vote against ranged from 60 to 62, with six to nine members abstaining.

Olmert has been under increasing criticism over last summer's war in Lebanon. Last week an official government commission issued a scathing report on the war, heaping blame on Olmert for failures in his decision-making process.

Despite the political turmoil, Olmert's ruling coalition holds a solid majority in parliament and appears safe for now. (AP)

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World

RICARDO MORAES/AP

Catholics pray in front of a picture of Pope Benedict XVI during a Mass in Rio de Janeiro on Saturday. The pope will begin a five-day visit to Brazil on Wednesday.

Papal Brazil Visit A Voyage of Faith

Benedict XVI looks to help energize church on Latin America trip

SAO PAULO, BRAZIL | Pope Benedict XVI is heading to the world's most populous Roman Catholic country at a time when evangelical Christians are packing converted storefronts and churches every Sunday, thrusting their Bibles in the air.

Benedict will try to halt that wave of Protestant fervor during his first trip to Brazil. Aiming to energize its more than 120 million Catholics, Benedict will canonize the country's first native saint, hold Masses that could attract millions and open a conference of Latin American bishops in the holy shrine of Aparecida.

Few believe the five-day papal visit, which begins Wednesday, will reverse the flight of Catholics who have abandoned the church to become Protestants — or who simply stopped attending Mass amid profound societal change.

Nearly half the world's 1 billion Catholics live in Latin America, but Pentecostal churches are enjoying explosive growth, promising divine intervention to lift parishioners from lives of misery in a region where the divide between rich and poor is among the worst on the planet.

Brazil's census shows the percentage of citizens characterizing themselves as Catholics plunged from 89 percent in 1980 to 74 percent in 2000, while those calling themselves evangelical Protestants rose from 7 percent to 15 percent.

The Vatican's Latin American leaders also struggle with a host of secular issues, including Brazil's free distribution of condoms to combat AIDS, a rise in second marriages not recognized by the church and Mexico City's move to legalize abortion.

Many wonder whether Benedict will be able to make a difference, especially since the church's situation worsened in Latin America despite frequent visits by his beloved predecessor, Pope John Paul II.

"He was the pilgrim pope, who went to Latin America as a conquering hero, but for all John Paul's popularity, things grew worse over his tenure," said former Vatican radio reporter David Gibson. The new pope "is 80 years old, and he's not John Paul in his early days. Benedict is an older man, a theologian, a man of words rather than presence and action." ALAN CLENDENNING (AP)

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Local

Md. Resources 'Depleted'

O'Malley says Guard deployment is hurting state's disaster response

ANNAPOLIS, MD. | Gov. Martin O'Malley said Monday he was very concerned about the amount of Maryland National Guard resources deployed overseas, saying "greatly depleted" resources have left a hole in disaster response like one currently under way in tornado-struck Kansas.

O'Malley pointed to comments made by Kansas Gov. Kathleen Sebelius, who said Sunday evening that her state badly needs National Guard resources from her state deployed to Iraq to help with recovery efforts from the tornado that destroyed the south-central Kansas town of Greensburg, killing at least 10.

At the request of Maryland Sen. Barbara Mikulski and the Maryland National Guard, the state's homeland security office has compiled a report about equipment shortfalls in Maryland.

The Guard is facing "critical equipment shortfalls to meet its domestic homeland security mission," according to a summary of the report.

The report also found "serious potential deficiencies in an array of basic, multipurpose items whose utility is clear for responding to incidents ranging from hurricanes to acts of terrorism."

BRIAN WITTE (AP)

Pins Found In School Food in Va.

Herndon middle school cafeteria cuisine tainted three times in 2 weeks

FAIRFAX, VA. | Straight pins have been found in the cafeteria food of a Herndon-area middle school three times in the last two weeks. No pins were swallowed, and nobody was injured.

School officials have increased security at the Rachel Carson Middle School cafeteria, where the slender, inch-long pins were found in food in the cafeteria line.

Fairfax County Police are investigating and have warned that food adulteration is a crime punishable by up to 20 years in prison.

"In 19 years as a Fairfax County police officer, I don't remember anything similar to this," said police spokesman Lt. Richard Perez.

The first pin was found April 24 by a cafeteria worker in a serving of applesauce. Two days later, a teacher found another pin pierced through the foil top of a yogurt cup. And on Friday, a cafeteria worker found a third pin in a serving of cranberry sauce.

In recent years, the federal government has been studying the susceptibility of school cafeterias to food tampering and terrorism. (AP)

IN The Washington Post | PEACE PLATES

STEPHEN POULSON/ VIA TWP

MAKE DOVE, NOT WAR: Christine Poulson of Staunton, Va., has until July 1 to get 350 Virginians to pony up for the new "peace" license plates. The state requires a minimum of 350 pre-ordered plates before full production.

✣ **John Kelly:** Virginia now offers 215 special license plates | **Today's Metro**

The Lotteries

Monday, May 7

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Evening Lucky Numbers	6-4-4
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Evening Pick 3	9-9-9
Mid-day Pick 4	6-2-8-3
Evening Pick 4	9-8-9-3
Match 5	6-7-13-23-27 Bonus: 14

VIRGINIA

Mid-day Pick 3	4-1-3
Evening Pick 3 (Sun.)	6-3-4
Mid-day Pick 4	6-6-1-4
Evening Pick 4 (Sun.)	6-8-7-9
Mid-day Cash 5	1-8-18-23-32
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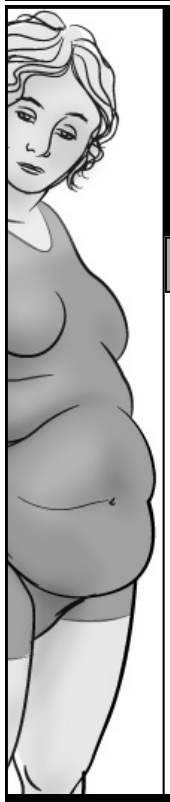

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The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio. Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com.**

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National Institute of Diabetes & Digestive & Kidney Diseases

Money

Refinery Woes Key to Gas Prices

Analysts eagerly await government report on inventories this week

NEW YORK | Gasoline prices rose yet again at the pump Monday, but fell along with oil in the futures market as traders bet that the government will report an increase in gasoline inventories this week.

The national average price of a gallon of gas reached $3.035 Monday, up 0.1 cent overnight and more than 2 cents since Friday, according to AAA and the Oil Price Information Service. In some parts of the country, however, gas was approaching $4 a gallon.

Gas prices have risen sharply in recent weeks on concerns that refineries aren't making enough to meet peak summer demand.

But retail prices lag oil and gasoline futures prices. And while both futures contracts have also risen in recent weeks, they were trading lower Monday.

Jim Ritterbusch, president of Ritterbusch & Associates, in Galena, Ill., says there hasn't been any fundamental change in the oil and gasoline futures markets.

"We're still seeing too much crude oil sloshing around in Cushing, [Okla.]," the oil terminal that supplies many domestic oil refineries, Ritterbusch said.

CHRIS HONDROS/GETTY IMAGES

Gas prices have jumped in many areas, such as at this station in New York City.

Jason Schenker, an economist at Wachovia Corp., thinks traders are anticipating an increase in gasoline stockpiles in the U.S. government's weekly inventory report, to be released on Wednesday.

Analysts last week suggested the market may have sensed a peak in prices for gasoline. But Ritterbusch disagreed. "It's premature to say we've seen the highs," he said. "We're one significant refinery problem away from seeing fresh highs." JOHN WILEN (AP)

In Brief

AMSTERDAM, NETHERLANDS

ABN to Let Shareholders Pick Between Takeover Bids

ABN Amro NV said Monday it will let shareholders decide between a hostile $96.4 billion mostly cash takeover offer from a group of banks led by Royal Bank of Scotland PLC and a friendly all-share bid by Barclays PLC worth around $87.1 billion. ABN said it had received the RBS bid on Saturday, but could not recommend it because RBS had also made a separate $24.5 billion offer for ABN's Chicago-based U.S. subsidiary, LaSalle Bank Corp. Either deal for ABN Amro would be the largest in banking history. (AP)

TORONTO

Alcoa Makes Hostile $27B Bid for Aluminum Rival Alcan

Alcoa Inc., seeking to keep pace with growing Russian rival Rusal, launched a hostile $27 billion bid for Canadian aluminum rival Alcan Inc. on Monday, after failing in almost two years of private talks to reach a negotiated deal. Alcan's U.S. shares rose 34.5 percent, well above the offered price, suggesting investors think the bidding could go higher. Alcoa shares gained 8.3 percent. Montreal-based Alcan said its board "will consider the proposal" and advised shareholders to await its recommendation. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Alcan	82.11	+21.08	+34.5
Cryolife	12.27	+1.70	+16.1
USEC	22.11	+1.79	+8.8
ExcelM	24.48	+1.89	+8.4
Levitt	10.00	+.77	+8.3

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AZZ Inc wi	29.70	-28.55	-49.0
Dominos s	19.63	-12.74	-39.4
Fremont If	7.37	-.63	-7.9
GrayTelev	9.96	-.79	-7.3
Off ceMax	42.48	-2.64	-5.9

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
OhioCas	43.17	+9.85	+29.6
GallHist	2.45	+.44	+21.9
Voxware	6.92	+1.12	+19.3
RockyBr	13.53	+2.09	+18.3
Iomai	4.66	-.04	-0.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
IDM Phrm	5.06	-3.88	-43.4
USGlobal s	23.16	-4.73	-17.0
PC Cnnctn	11.38	-1.77	-13.5
PeopEduc	3.30	-.39	-10.6
Medivation	16.96	-1.92	-10.2

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.23	5.28
3-month disc	4.76	4.78
2-year	4.59	4.58
10-year	4.63	4.62
30-year	4.79	4.81

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5017	.5018	.5379
Canadian Dollar	1.1020	1.1072	1.1066
European Euro	.7351	.7357	.7852
Japanese Yen	120.11	120.13	112.43
Mexican Peso	10.8409	10.8892	10.9605
Taiwanese Dollar	33.26	33.38	31.59

DOW	NASDAQ	S&P 500
+48.35	-1.20	+3.86
+0.36	-0.05	+0.26
13312.97	2570.95	1509.48

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	63.76	+.02	-6.7
Amylin	41.59	-.12	+15.3
BiogenIdc	47.42	+.51	-3.6
Celgene	62.85	-.18	+9.2
ChRvLab	48.57	+.07	+12.3
GenProbe	53.11	+.35	+1.4
Genentch	80.51	-.91	-.8
Genzyme	65.93	+.08	+7.1
GileadSci	82.96	-.16	+27.8
Imclone	45.19	+.47	+68.9
Invitrogn	69.34	-.19	+22.5
MedImun	56.95	+.04	+75.9
MillPhar	11.23	+.03	+3.0
PDL Bio	25.87	+.24	+28.5
VertxPh	30.42	-.05	-18.7

SHREK'S A PIMP: "Shrek the Third" doesn't even open until May 18, but the director for "Shrek 4" is already being courted. Mike Mitchell, the genius who helmed "Deuce Bigalow: Male Gigolo," is in negotiations to direct the fourth installment.

Entertainment

BAHADIR TANRIOVER/MGM

LOSING FIGHT: Samuel L. Jackson plays a doctor who is anguished by his inability to save more wounded soldiers in the field.

The Battlefronts

Samuel L. Jackson stands tall in the 'Home of the Brave'

WARS | After slaying menacing reptiles in "Snakes on a Plane," Oscar-nominated actor Samuel L. Jackson returns to the big screen as a damaged soul fighting inner demons in "Home of the Brave."

The Iraq war drama had a limited run last December for industry awards consideration. MGM has waited until now to give the film a wider distribution. "Home of the Brave's" wider release comes at a critical time in the course of the Iraq war, as Congress and the White House debate the timetable for troop withdrawal, though the film doesn't take a political stance.

Jackson plays Dr. Will Marsh, a veteran trying to resume a normal life back home after his unit is demobilized. A successful surgeon with a bustling practice, a beautiful wife and a teenage son, Marsh had signed up with the National Guard in hopes of serving his community. But his two tours of duty in Iraq have left him a shell of his former self. He returns to Spokane, Wash., feeling like a stranger and unable to talk to anyone about his ordeal.

Jackson, 58, leads an ensemble cast that includes Jessica Biel, Christina Ricci, Curtis "50 Cent" Jackson, Victoria Rowell, Chad Michael Murray and newcomer Brian Presley in this coming-home drama produced, directed and co-written by Irwin Winkler. Will Marsh's story is one of four interwoven storylines.

Veteran filmmaker Winkler was inspired to make "Home of the Brave" while waiting to board a flight and seeing a group of American troops returning from the war. "People around the airport started applauding them and giving them a wonderful welcome, and I thought, 'Isn't this great?'" he recalled. "Then I became curious as to what happens when the applause stops, when the parties are over and they have to go back to their normal lives."

As a husband and father, Jackson says he could empathize with his character's inability to express his emotions, particularly the negative one, with those around him. Early in his career, he, too, struggled with addiction but overcame his demons, thanks to his family's support.

"As an actor, you explore emotions that you don't normally encounter on a day-to-day or even a monthly basis," he said.

His greatest revelation in his research was how immediate the nature of battlefield medicine is in modern warfare. He also admires the film for tackling the issues of overmedicating veterans and the bureaucratic struggles they deal with when they come home.

ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Howling Over Familiar Terrain

BRMC brings the noise again with the mighty loud 'Baby 81'

MUSIC | The main knock on Black Rebel Motorcycle Club is that it covers ground that's been tread plenty of times before — but the band still covers it very well on its fourth album, "Baby 81."

The disc takes the best elements of the band's first three discs and mixes them into a hecticly potent — and very loud — stew of psychedelia, space rock, dusty country blues and acoustic protest rock. It isn't as pleasant a surprise as the complete left turn they took on the 2005 acoustic rocker "Howl," but they still play to all their strengths throughout.

Peter Hayes and Robert Levon Been continue to ably split time on guitar, bass and vocals, and Nick Jago's return to full-time studio drumming provides the same big sound the band showcased on its 2001 self-titled debut and 2003 follow-up "Take Them On, On Your Own."

KEN SCHLES

The Jesus and Mary Chain called BMRC; it really wants its hair and songs back.

The juicy riff on the mid-tempo howler "Took Out a Loan" sets the right tone before jumping into the strutting rocker "Berlin." From there, they jump from folk rock ("Windows," "Not What You Wanted" and "Am I Only") to spacy blues jams ("666 Conducer," "American X") and trippy post-modern rock ("Lien on Your Dreams," "Need Some Air"). JOHN KOSIK (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

COURTESY MERGE RECORDS

THE CLIENTELE

Simian Stars

1 The Clientele has long mined whatever gloomy gold Belle and Sebastian has cast aside. But with "God Save the Clientele," the group sets "free their inner Monkees," said songwriter Alasdair MacLean. "The band [is] a lovely blend of Big Star twisted power-pop and country achin', with flashes of the Beatles at their most joyful and upbeat." The Prozac's kicked in!

→ *Black Cat, 1811 14th St. NW; with the Ladybug Transistor, the Positions, 8 p.m., $13; 202-667-7960. (U St.-Cardozo)*

To read our conversation with the Clientele, visit **readexpress.com**

48 Hour Film Festival

Quick Flicks

2 This annual madhouse starts four days of screenings of movies made in less than two days — all finished on May 7. A best-of screening will be held May 24, but get a jump on things with the 25 films shown on Tuesday.

→ *AFI Silver, 8633 Colesville Rd., Silver Spring; 7 & 9:30 p.m., $9.25; 301-495-6720. (Silver Spring)*

Michael Chandler

Fighting Back

3 In "Countering Terror: Can We Meet the Threat of Global Violence?," authors Michael Chandler and Rohan Gunaratna take the pulse of world terrorism — and, of course, find it alive and ticking.

→ *Olsson's, 418 7th St. NW; 7 p.m., free; 202-638-7610. (Gallery Place-Archives)*

WHAT'S HAPPENING?

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The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
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SPIDER-MAN 3 (PG-13) DIG ★ (1200 1230 100 130 200 225) 315 345 415 445 515 545 630 700 730 800 830 900 945 1015 1045
OC: NEXT (PG-13) DIG (230) 1010
NEXT (PG-13) DIG (1205) 500 745
THE CONDEMNED (R) - ID REQ'D DIG (110)
THE INVISIBLE (PG-13) DIG (1215 245) 510 755 1030
FRACTURE (R) - ID REQ'D DIG (1245) 435 735 1025
VACANCY (R) - ID REQ'D DIG 420 710 920
HOT FUZZ (R) - ID REQ'D DIG (1240) 410 725 1025
PERFECT STRANGER (R) - ID REQ'D DIG 955
DISTURBIA (PG-13) DIG (1210 240) 525 805 1035
BLADES OF GLORY (PG-13) DIG (1200 220) 450 710

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LUCKY YOU (PG-13) DIG (140 435) 740 1035
SPIDER-MAN 3 (PG-13) DIG ★ (1200 1230 100 130 200 230 315 345 415 445 515 545) 630 700 730 800 830 900 945 1015
IN THE LAND OF WOMEN (PG-13) DIG (135 420) 715 950
DISTURBIA (PG-13) DIG (155 440) 720 1000
MEET THE ROBINSONS (G) DIG (150 425) 710 955
JOURNEY FROM THE FALL (R) - ID REQ'D DIG (120 430) 750 1055
THE NAMESAKE (PG-13) DIG (145 500) 755

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LUCKY YOU (PG-13) DIG (140 440) 740 1040
SPIDER-MAN 3 (PG-13) DIG ★ (1200 1230 130 200 230 315 345 445 515 545) 630 700 800 830 900 945 1015 1115
SPIDER-MAN 3 (PG-13) DIG ★ (100 415) 730 1045
NEXT (PG-13) DIG (205 500) 800 1030
THE INVISIBLE (PG-13) DIG (1245 345) 735 1020
FRACTURE (R) - ID REQ'D DIG (105 420) 735 1020
VACANCY (R) - ID REQ'D DIG 815 1045
HOT FUZZ (R) - ID REQ'D DIG (105 400) 715 1005
PERFECT STRANGER (R) - ID REQ'D DIG 1025
DISTURBIA (PG-13) DIG (300 535) 820 1045
ARE WE DONE YET? (PG) DIG (1235 315 540) 805
MEET THE ROBINSONS (G) DIG (135 450)

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SPIDER-MAN 3 (PG-13) DIG ★ (1230 100 130 200 345 415 445 515) 700 730 800 830 1015 1045
NEXT (PG-13) DIG (145 445) 700 930
THE INVISIBLE (PG-13) DIG (100 400) 645 930
FRACTURE (R) - ID REQ'D DIG (115 430) 745 1015
IN THE LAND OF WOMEN (PG-13) DIG (200) 715
DISTURBIA (PG-13) DIG (115 415) 730 1000
BLADES OF GLORY (PG-13) DIG (500) 945

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SPIDER-MAN 3 (PG-13) DIG ★ (1155 1215 1235 1255 115 135 155 310 330 350 410 430 450 510) 625 645 705 725 745 805 825 940 1000 1020 1040
LUCKY YOU (PG-13) DIG (145 440) 735 1030
NEXT (PG-13) DIG (130) 650
THE CONDEMNED (R) - ID REQ'D DIG 935
THE INVISIBLE (PG-13) DIG (150 445) 740 1035
FRACTURE (R) - ID REQ'D DIG (230 515) 800
VACANCY (R) - ID REQ'D DIG 950
HOT FUZZ (R) - ID REQ'D DIG (1245 355) 655 955
PERFECT STRANGER (R) - ID REQ'D DIG (415) 700 945
DISTURBIA (PG-13) DIG (225 500) 750 1025
ARE WE DONE YET? (PG) DIG (140)
BLADES OF GLORY (PG-13) DIG (200 425) 710
MEET THE ROBINSONS DIGITAL 3D- $2.50 FEE FOR 3D (G) DIG (150 435) 715
OC: NEXT (PG-13) DIG (420) 920

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Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) ★
FLYING SCOTSMAN (PG-13) DIG (1150 230 510) 740 1025
LUCKY YOU (PG-13) DIG (110 410) 720 1020
SPIDER-MAN 3 (PG-13) DIG ★ (1130 1200 1230 100 130 200 245 315 345 415 445 515 545) 615 630 700 730 800 830 900 930 945 1015 1045
KICKIN' IT OLD SKOOL (PG-13) DIG (115 400) 650 940
NEXT (PG-13) DIG (1250) 645
THE CONDEMNED (R) - ID REQ'D DIG (140 440) 725 1010
THE INVISIBLE (PG-13) DIG (1240 340) 635 920
FRACTURE (R) - ID REQ'D DIG (1210 240 520) 750 1030
VACANCY (R) - ID REQ'D DIG 1040
HOT FUZZ (R) - ID REQ'D DIG (120 420) 715 1000
IN THE LAND OF WOMEN (PG-13) DIG (1215 330) 625 910
DISTURBIA (PG-13) DIG (1140 215 500) 745 1035
ARE WE DONE YET? (PG) DIG (1245 310 540) 815
BLADES OF GLORY (PG-13) DIG (1220 320) 620 850
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OC: NEXT (PG-13) DIG (350) 915

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LUCKY YOU (PG-13) DIG (145 445) 745 1030
NEXT (PG-13) DIG (1215 245 515) 745 1015
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THE INVISIBLE (PG-13) (1230 300 530) 800 1035
FRACTURE (R) - ID REQ'D DIG (215 445) 730 1030
HOT FUZZ (R) - ID REQ'D DIG (145 430) 815
DISTURBIA (PG-13) DIG (200 430) 715 945
BLADES OF GLORY (PG-13) DIG 730 1000

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DIGITAL PROJECTION: SPIDER-MAN 3 (PG-13) DIG ★ (1230 345) 700 1015
SPIDER-MAN 3 (PG-13) DIG ★ (1200 100 130 200 315 415 445 515) 630 730 800 830 945 1045
FRACTURE (R) - ID REQ'D DIG (110 425) 740 1055
DISTURBIA (PG-13) (1240 400) 650 930
THE CONDEMNED (R) - ID REQ'D DIG (210 525) 840
PERFECT STRANGER (R) - ID REQ'D (1220 330) 715 1030
SHOOTER (R) - ID REQ'D DIG (140 455) 810

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Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) ★
SPIDER-MAN 3 (PG-13) DIG ★ (1200 1230 100 130 200 315 345 415 445 515) 630 700 730 800 830 945 1015 1045
LUCKY YOU (PG-13) DIG (110 410) 715 1015
NEXT (PG-13) DIG (115) 815
KICKIN' IT OLD SKOOL (PG-13) DIG 950
THE CONDEMNED (R) - ID REQ'D DIG 745 1020
THE INVISIBLE (PG-13) DIG (140 500) 745 1030
FRACTURE (R) - ID REQ'D DIG (115 415) 715 1015
HOT FUZZ (R) - ID REQ'D DIG (120 430) 730 1020
DISTURBIA (PG-13) DIG (130 500) 800 1040
BLADES OF GLORY (PG-13) DIG (1250 410) 700 945
ARE WE DONE YET? (PG) DIG (110 350) 645
MEET THE ROBINSONS (G) DIG (1240 350)
OC: NEXT (PG-13) DIG (430) 1040

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Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) ★
LUCKY YOU (PG-13) DIG 1000 PM
SPIDER-MAN 3 (PG-13) DIG ★ (1230 100 130 200 315 345 415 445 515) 630 700 730 800 830 945 1015
KICKIN' IT OLD SKOOL (PG-13) DIG (500) PM
NEXT (PG-13) DIG (1245) 645
THE CONDEMNED (R) - ID REQ'D DIG (1230 345) 700 1030
THE INVISIBLE (PG-13) DIG (145 430) 745 1020
FRACTURE (R) - ID REQ'D DIG (115 430) 730 1015
HOT FUZZ (R) - ID REQ'D DIG (130 445) 745 1025
DISTURBIA (PG-13) DIG (100 400) 715 1000
BLADES OF GLORY (PG-13) DIG (145) 800 1030
THE NAMESAKE (PG-13) DIG (1245 330) 645 930
OC: NEXT (PG-13) DIG (315) 915

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale SHREK THE THIRD (PG) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) ★
LUCKY YOU (PG-13) DIG (1210 330) 725 1020
SPIDER-MAN 3 (PG-13) DIG ★ (1130 1200 1230 100 130 200 245 315 345 415 445 515) 630 645 700 730 800 830 945 1000 1015 1045
NEXT (PG-13) DIG (1150 220 455) 745 1030
THE CONDEMNED (R) - ID REQ'D DIG 950
THE INVISIBLE (PG-13) DIG (110 400) 740 1010
FRACTURE (R) - ID REQ'D DIG (1220 310) 710 955
HOT FUZZ (R) - ID REQ'D DIG (1245 350) 650 935
DISTURBIA (PG-13) DIG (1250 335) 705 940
ARE WE DONE YET? (PG) DIG (145)
BLADES OF GLORY (PG-13) DIG (405) 750 1010
MEET THE ROBINSONS DIGITAL 3D- $2.50 FEE FOR 3D (G) DIG (1140 210 435) 720

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DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 1:30, 4:15, 6:50, 9:25

SPIDER-MAN 3 (PG13) ✓ 12:45, 1:00, 1:45, 2:15, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:30, 7:00, 7:30, 8:00, 8:30, 8:55, 9:45, 10:30, 10:45
SPIDER-MAN 3 (PG13) [D] [CC] ✓ 3:00, 6:30, 9:45
LUCKY YOU (PG13) ✓ 1:50, 5:00, 7:45, 10:40
THE CONDEMNED (R) 10:50, 1:40, 4:20, 7:15, 9:55
THE INVISIBLE (PG13) 3:25, 5:55, 8:20, 10:50
KICKIN' IT OLD SKOOL (PG13) 7:40, 10:15
NEXT (PG13) 3:15, 5:45, 8:05, 10:40
FRACTURE (R) 2:30, 5:20, 8:05, 10:45
HOT FUZZ (R) 2:20, 5:05, 7:50, 10:35
VACANCY (R) 2:25, 4:45, 7:25, 9:55
DISTURBIA (PG13) 2:00, 4:50, 7:20, 9:50
PERFECT STRANGER (R) 2:30, 5:10, 7:55, 10:35
ARE WE DONE YET? (PG) 1:35, 4:00
BLADES OF GLORY (PG13) 2:10, 4:35, 6:55, 9:15

AMC SELECT

CIVIC DUTY (R) 1:55, 4:25, 7:10, 9:35
THE FLYING SCOTSMAN (PG13) 2:05, 4:55, 7:05, 9:30

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

SPIDER-MAN 3 (PG13) ✓ 2:00, 5:15, 8:30

SPIDER-MAN 3 (PG13) ✓ 12:45, 1:15, 2:45, 3:45, 4:30, 6:00, 7:45, 9:15, 10:20
LUCKY YOU (PG13) ✓ 1:40, 4:35, 7:30, 10:25
THE INVISIBLE (PG13) 3:00, 5:30, 8:05, 10:40
NEXT (PG13) 2:50, 5:20, 7:50, 10:25
NEXT (PG13) [CC] 2:50, 5:20, 7:50, 10:25
FRACTURE (R) 2:25, 5:10, 8:00, 10:30
HOT FUZZ (R) 1:35, 4:25, 7:20, 10:10
IN THE LAND OF WOMEN (PG13) 1:45, 4:15, 6:45, 9:20
DISTURBIA (PG13) 2:30, 5:05, 7:40, 10:15
BLADES OF GLORY (PG13) 1:00, 3:20, 5:45, 8:10, 10:20

AMC SELECT

THE FLYING SCOTSMAN (PG13) 2:15, 4:45, 7:15, 9:45
THE NAMESAKE (PG13) 1:25, 4:20, 7:10, 10:05

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

SPIDER-MAN 3 (PG13) ✓ 12:15, 1:00, 3:30, 4:15, 6:45, 7:30, 10:00, 10:35
LUCKY YOU (PG13) ✓ 4:40, 7:30, 10:25
THE CONDEMNED (R) 5:10, 7:50, 10:35
THE INVISIBLE (PG13) 12:00, 2:45, 5:15, 7:45, 10:15
NEXT (PG13) 12:45, 3:15, 5:45, 8:05, 10:30
DISTURBIA (PG13) 5:15, 7:45, 10:15
ARE WE DONE YET? (PG) 5:00, 7:15, 9:45
BLADES OF GLORY (PG13) 5:45, 8:00, 10:30
MEET THE ROBINSONS (G) 4:30, 7:00, 10:25

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:20, 5:00, 7:30, 10:10

SPIDER-MAN 3 (PG13) ✓ 12:45, 1:15, 2:00, 2:45, 3:25, 3:55, 4:30, 5:15, 6:05, 6:45, 7:15, 7:45, 8:30, 9:20, 10:00, 10:30
SPIDER-MAN 3 (PG13) [CC] ✓ 2:45, 6:05, 9:20
LUCKY YOU (PG13) ✓ 1:55, 4:50, 7:40, 10:30
THE CONDEMNED (R) 1:20, 3:50, 6:30, 9:10
THE INVISIBLE (PG13) 1:50, 4:20, 6:50, 9:30
KICKIN' IT OLD SKOOL (PG13) 10:35 PM
NEXT (PG13) 2:10, 4:40, 7:10, 9:35
FRACTURE (R) 1:35, 4:15, 7:00, 9:45
HOT FUZZ (R) 1:00, 3:40, 6:20, 9:00
IN THE LAND OF WOMEN (PG13) 12:55, 3:30, 5:50, 8:10
VACANCY (R) 4:45, 7:00, 9:30
DISTURBIA (PG13) 2:30, 5:00, 7:40, 10:10
ARE WE DONE YET? (PG) 2:30
BLADES OF GLORY (PG13) 1:00, 3:15, 5:30, 8:00, 10:20

AMC SELECT

THE FLYING SCOTSMAN (PG13) 1:25, 3:45, 6:20, 8:40
THE NAMESAKE (PG13) 1:45, 4:30, 7:30, 10:20

AMC POTOMAC MILLS 18
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DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:15, 4:40, 7:20, 9:45

SPIDER-MAN 3 (PG13) ✓ 12:45, 1:15, 1:50, 2:25, 3:00, 3:30, 4:00, 4:30, 5:05, 5:40, 6:15, 6:45, 7:15, 7:45, 8:20, 8:55, 9:30, 10:00
LUCKY YOU (PG13) ✓ 1:30, 4:35, 7:20, 10:10
LUCKY YOU (PG13) [CC] ✓ 1:30, 4:35, 7:20, 10:10
THE CONDEMNED (R) 2:20, 5:00, 7:40, 10:15
THE INVISIBLE (PG13) 2:05, 4:50, 7:25, 9:50
KICKIN' IT OLD SKOOL (PG13) 7:45, 10:15
NEXT (PG13) 12:40, 3:05, 5:25, 7:50, 10:10
FRACTURE (R) 1:40, 4:20, 7:10, 9:55
HOT FUZZ (R) 1:20, 4:10, 7:00, 9:50
VACANCY (R) 2:30, 4:55, 7:25, 9:35
DISTURBIA (PG13) 1:45, 4:15, 7:05, 9:40
ARE WE DONE YET? (PG) 12:50, 3:10, 5:30
BLADES OF GLORY (PG13) 2:10, 4:25, 6:50, 9:20

AMC SELECT

THE FLYING SCOTSMAN (PG13) 2:50, 5:10, 7:35, 10:05

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
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DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:10, 4:40, 7:10, 9:40

SPIDER-MAN 3 (PG13) 12:40, 1:10, 2:00, 3:00, 3:50, 4:20, 5:10, 6:10, 7:00, 7:30, 8:20, 9:20, 10:10, 10:40
SPIDER-MAN 3 (PG13) [D] [CC] 2:00, 5:10, 8:20
LUCKY YOU (PG13) 1:50, 4:50, 7:40, 10:30
THE CONDEMNED (R) 12:45, 5:35, 10:35
THE INVISIBLE (PG13) 1:35, 4:05, 6:40, 9:10
NEXT (PG13) 2:35, 5:00, 7:25, 10:00
FRACTURE (R) 1:30, 4:10, 6:50, 9:30
HOT FUZZ (R) 1:20, 4:15, 7:05, 9:50
IN THE LAND OF WOMEN (PG13) 12:50, 5:30, 10:15
VACANCY (R) 3:15, 8:00
DISTURBIA (PG13) 12:30, 2:55, 5:20, 7:50, 10:20
PERFECT STRANGER (R) 1:00, 3:45
ARE WE DONE YET? (PG) 3:20, 8:10
BLADES OF GLORY (PG13) 6:05, 8:30, 10:45

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
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IN THE LAND OF WOMEN (PG13) 5:10, 7:50
VACANCY (R) 5:30, 8:10
PERFECT STRANGER (R) 4:30, 7:40
ARE WE DONE YET? (PG) 4:50
SHOOTER (R) 7:10
300 (R) 4:20, 7:20
BREACH (PG13) 5:00, 7:30
THANANAM THANANAM (NR–NOT RATED) 4:00, 7:00

AMC SELECT

THE FLYING SCOTSMAN (PG13) 5:20, 8:00

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

SPIDER-MAN 3 (PG13) 12:30, 1:00, 1:30, 3:45, 4:20, 4:50, 6:50, 7:25, 7:50, 10:05, 10:30
LUCKY YOU (PG13) 12:50, 4:20, 7:00, 9:55
THE CONDEMNED (R) 1:10, 4:10, 7:20, 10:10
THE INVISIBLE (PG13) 1:30, 4:50, 7:10, 9:50
KICKIN' IT OLD SKOOL (PG13) 6:40, 9:40
NEXT (PG13) 12:20, 2:50, 5:20, 7:55, 10:30
VACANCY (R) 12:40, 3:00, 5:40, 8:10, 10:20
DISTURBIA (PG13) 2:30, 5:30, 8:00, 10:25
PERFECT STRANGER (R) 4:50, 7:30, 10:00, 1:50
ARE WE DONE YET? (PG) 1:00, 3:10, 5:35, 7:40, 10:15
MEET THE ROBINSONS (G) 1:20, 4:00

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

AMERICANIZING SHELLEY (PG) 4:30, 7:00
LUCKY YOU (PG13) 4:45, 7:30
HOT FUZZ (R) 4:15, 7:15
BREACH (PG13) 5:15, 8:00

AMC SELECT

THE HOST (R) 5:00, 7:40

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

SPIDER-MAN 3 (PG13) 12:30, 3:45, 7:00, 10:15

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 12:45, 3:15, 5:35, 8:05, 10:30

SPIDER-MAN 3 (PG13) ✓ 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:30, 6:05, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 9:55, 10:20, 10:50
LUCKY YOU (PG13) ✓ 1:40, 4:40, 7:50, 10:35
THE CONDEMNED (R) 12:55 PM
THE INVISIBLE (PG13) 12:50, 3:20, 5:55, 8:20, 10:45
NEXT (PG13) 12:40, 2:55, 5:25, 7:45, 10:10
FRACTURE (R) 1:20, 4:20, 7:10, 9:50
HOT FUZZ (R) 1:55, 4:55, 7:40, 10:25
DISTURBIA (PG13) 12:35, 3:00, 5:45, 8:15, 10:40
DISTURBIA (PG13) [CC] 12:35, 3:00, 5:45, 8:15, 10:40
BLADES OF GLORY (PG13) 12:35, 2:50, 5:05, 7:25, 9:45

AMC SELECT

THE NAMESAKE (PG13) 1:50, 4:45, 7:35, 10:15

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SPIDER-MAN 3 (PG13) ✓ 4:15, 5:00, 7:30, 8:00
LUCKY YOU (PG13) ✓ 5:05, 7:50
THE CONDEMNED (R) 5:25, 8:05
KICKIN' IT OLD SKOOL (PG13) 5:20, 8:10
NEXT (PG13) 5:30, 8:00
VACANCY (R) 5:10, 7:20
DISTURBIA (PG13) 5:10, 7:45
PERFECT STRANGER (R) 4:50, 7:35
ARE WE DONE YET? (PG) 5:00, 8:00
MEET THE ROBINSONS (G) 4:40, 7:00
TMNT (PG) 4:35
300 (R) 7:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE CONDEMNED (R) 9:00 PM
THE INVISIBLE (PG13) 2:20, 4:40, 7:00, 9:40
NEXT (PG13) 2:45, 5:05, 7:30, 9:50
FRACTURE (R) 2:35, 5:00, 7:40, 10:20
HOT FUZZ (R) 2:30, 5:10, 7:50, 10:30
THE HOAX (R) 2:40, 7:20
BLADES OF GLORY (PG13) 2:00, 3:10, 4:10, 5:40, 6:50, 8:00, 10:10

AMC SELECT

THE FLYING SCOTSMAN (PG13) 2:50, 5:30, 8:10, 10:25
AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS (R) 5:20, 10:00

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMERICANIZING SHELLEY (PG) 2:10, 4:20, 7:00, 9:10
THE HOAX (R) 1:30, 4:20, 7:00, 9:20

AMC SELECT

CIVIC DUTY (R) 1:40, 4:30, 7:20, 9:30
THE FLYING SCOTSMAN (PG13) 2:00, 4:40, 7:30, 9:50
YEAR OF THE DOG (PG13) 2:20, 5:00, 7:40, 9:50
THE NAMESAKE (PG13) 1:20, 4:10, 7:10, 9:40
THE LIVES OF OTHERS (R) 1:50, 4:50, 7:50

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

SPIDER-MAN 3 (PG13) 1:45, 4:30, 7:15
LUCKY YOU (PG13) 2:00, 4:40, 7:15
FRACTURE (R) 2:00, 4:30, 7:10
IN THE LAND OF WOMEN (PG13) 2:15, 4:35, 7:00
DISTURBIA (PG13) 2:05, 4:40, 7:05

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

LUCKY YOU (PG13) ✓ 1:30, 4:30, 7:15
NEXT (PG13) 3:00, 5:20, 7:40
FRACTURE (R) 2:10, 4:50, 7:25
IN THE LAND OF WOMEN (PG13) 2:40, 5:00, 7:10
DISTURBIA (PG13) 1:40, 4:20
GRINDHOUSE (R) 2:00, 6:30
BLADES OF GLORY (PG13) 3:20, 5:40, 7:50

Times for Tuesday, May 8, 2007

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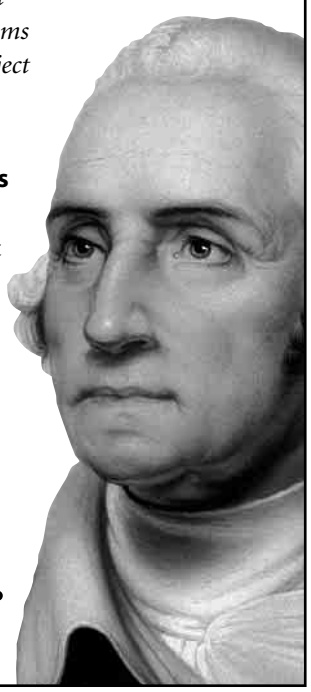

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Entertainment

HE FOUND HIS GUITAR: It's hard to believe that its been more than a year since Ryan Adams released a CD; for a while there it seemed like the hyper-prolific alt-country wild child dropped an album every three months. "Easy Tiger," his follow-up to 2006's "29," is scheduled to hit stores June 26. Sheryl Crow guest-stars.

A Swing and a Miss

Chuck Palahniuk's 'Rant' shoots for satire but aims wide

BOOK | The Web site for Chuck Palahniuk's latest book, "Rant," calls the author a "postmillenial Jonathan Swift" — a comparison that highlights everything that's wrong with "Rant."

Palahniuk, the author of "Fight Club," is renowned as a social satirist. But satire only works when the scenarios it describes seem horrendously possible, and nothing in "Rant" feels remotely real.

Swift's "A Modest Proposal" — about turning poor children into food — is as effective today as it was in 1729 because its deliberately doddering speculation about poundage and cooking techniques makes it seem not just sincere, but boringly sincere.

"Rant" is boring in the opposite way. Rather than ground his supposedly shocking scenarios, Palahniuk piles them on top of each other until they lose their capacity to shock.

The novel details the life of Buster "Rant" Casey, whose childhood exploits include seeking out bites from poisonous spiders, creating inflation by supplanting the Tooth Fairy's offerings with rare coins, possibly killing his grandmother and fishing for rabies by sticking limbs into the lairs of infected rodents.

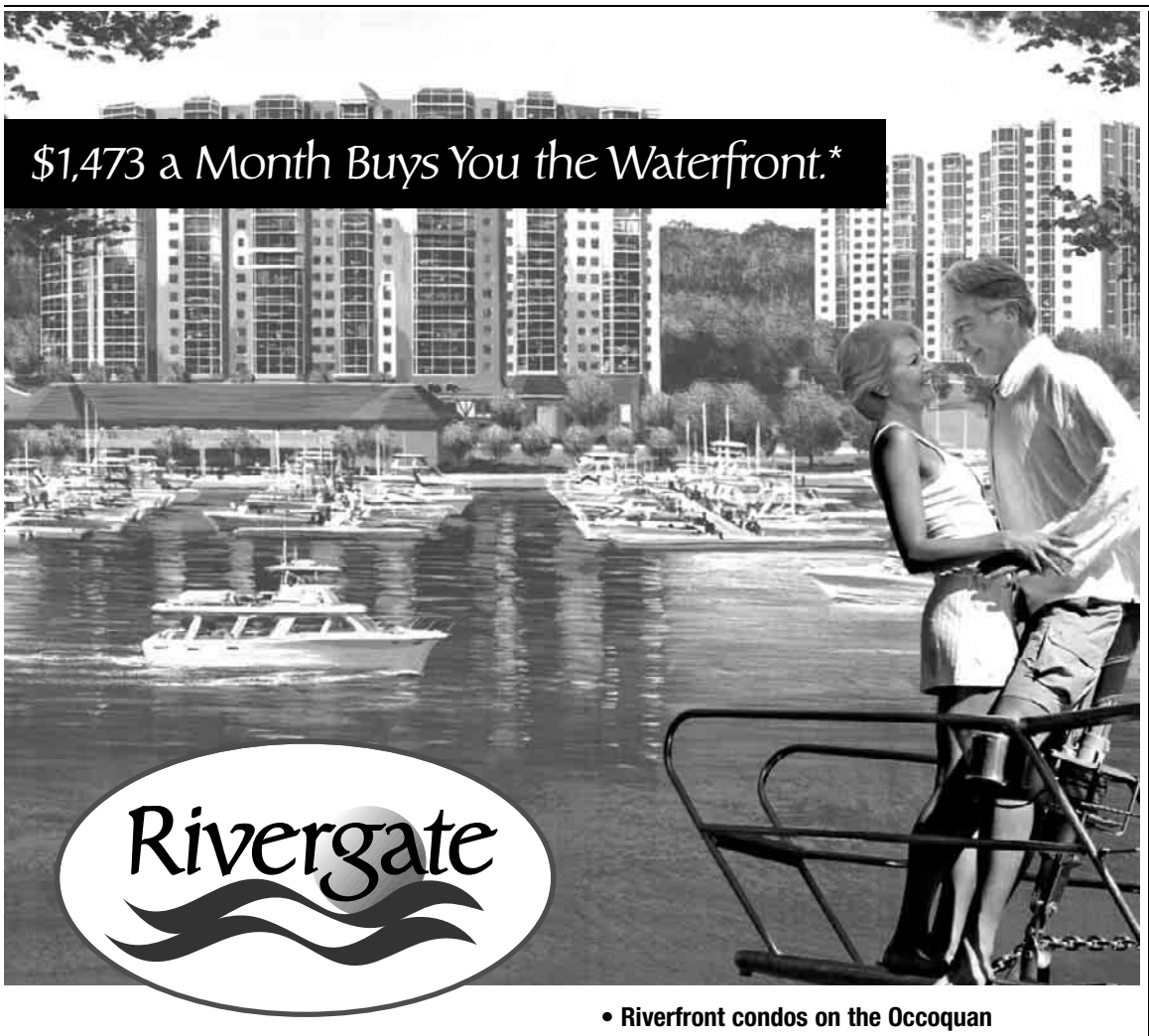
He moves to a city segregated by day and night dwellers, joining a crew of people called Party Crashers who conduct a kind of "Fight Club" on wheels. There's lots about bodily fluids and means of birth control thrown in to make readers squeamish and a twist that challenges the laws of physics the way the rest of the book contorts laws of biology.

CHRISTOPHE ENA/AP

ALL FIGHT, NO HEART: Chuck Palahniuk piles up the bile in his harsh new book.

Palahniuk never manages to turn his list of gross-outs into an involving narrative, in part because he tells his story in the form of an oral history, with different characters providing often conflicting accounts. It's a great concept, and at times the voices overlap beautifully, with what feels like pure truth emerging from the contradictions. But the multiple narrators leave readers to make decisions that Palahniuk doesn't seem to have made himself.

TIM MOLLOY (AP)



South on I-95 to Woodbridge Exit (161) to Rte. 1 South, cross Occoquan Bridge to Annapolis Way, right to Rivergate. Or North on I-95 to Woodbridge Exit (160A) to Rte. 123 South, left on Rte. 1 to Annapolis Way, left to Rivergate. Open daily 10-6. Phone 703-499-8460 or 1-866-RIVERGATE (748-3742). www.idigroup.com.

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RISKY BUSINESS: Forbes reported that NBC is considering expanding "The Office" to one hour and moving it to 9 p.m. to take on the juggernaut "Grey's Anatomy." That means a lot more insanity from Dwight (Rainn Wilson) — though far fewer people might see him.

Television

ON TV TONIGHT

NATIVE AMERICAN PRINCESS
With Jamestown's 400th anniversary here, it's time to separate fact from fiction about the "mad affair" between Capt. John Smith and Pocahontas on **NOVA: POCAHONTAS REVEALED** (8 p.m., PBS).

ONE MAN JUST AIN'T ENOUGH
SECRET LIVES OF WOMEN (10 p.m., WE) returns, profiling out-of-the-ordinary women. Tonight focuses on women who are in, or who have escaped from, polygamous marriages.

THE LAST THING A SPY WANTS
A blown cover on the season finale of **THE UNIT** (9 p.m., CBS).

CHILDREN IN THE HOOSEGOW
FRONTLINE: WHEN KIDS GET LIFE (9 p.m., PBS) examines the issue of sentencing people under age 18 to life in prison.

THE BRIDGEMAN ART LIBRARY

Pocahontas in a 1616 engraving — after she was baptized "Rebecca."

FROM SEA TO PORT TO TABLES
The crabbers return to harbor on **DEADLIEST CATCH** (9 p.m., Discovery).

EVERYBODY HAD BETTER DUCK
Vic gets the bad news about Lem on **THE SHIELD** (10 p.m., FX). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Girls, Girls, Girls

'American Idol' rolls on as 'Gilmore Girls' waves a long goodbye

WOMEN | It seems like only yesterday when we all got misty as Rory graduated from high school and made her manic momma proud on "Gilmore Girls" (8 p.m., CW). And now Rory is graduating from Yale.

Gosh, these TV kids, they grow up so fast. Could that be why we just don't care much about these soon-to-depart "Gilmore Girls" anymore?

For starters, the writers are not content to wring pathos from this milestone; they also have to crowd the agenda with a marriage proposal from Logan (Matt Czuchry). Meanwhile, Luke and Lorelai's ears are still ringing from the fateful karaoke serenade. Was it a meaningful moment? Or just an empty gesture? And what would Simon Cowell have made of Lorelai's warbling?

On that note, "American Idol" (8 p.m., Fox) comes down to the final four. And it's "Boogie" night to boot. I think most people agree that the cream (Melinda, Jordin, LaKisha and Blake) has reached the top this season. The Sanjaya interlude is now but a pleasant memory. And with all due respect to Phil and Chris, if two "guy" singers couldn't run up the votes during Bon Jovi week, then it just wasn't in the cards. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

CW

SHE'S GRADUATING TO SYNDICATION: Rory and the "Gilmore Girls" bid adieu.

5.8.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	Dateline NBC "Dateline: Missing" (N)		Law & Order: Criminal Intent (N)		Law & Order: Special Victims Unit (N)		News (N) CC	Tonight Show
	WTTG 5	Seinfeld CC	The Simpsons	The Simpsons	Seinfeld CC	American Idol (S Live) CC		House "Resignation" (N) CC		News (N)		News (N)	Every-Raymond
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	George Lopez (Season Finale) (N)		Dancing With the Stars (S Live) CC		(:01) Boston Legal (N) CC		News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Trojan Horse" (N) CC		The Unit "Paradise Lost" CC		Without a Trace CC		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	Scrubs CC	Scrubs CC	Hooters Dream Girl Challenge (N) CC				Still Standing	Still Standing	Malcolm-Mid.	Malcolm-Mid.
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova Chief Powhatan's capital. (N)		Frontline "When Kids Get Life" (N) CC (DVS)			Orphan Orca	Lead by Example	Smart Travels
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova Chief Powhatan's capital. (N)		In Search of Myths and Heroes		Frontline "When Kids Get Life" (N) CC (DVS)			Charlie Rose (N)
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! A body is found inside a meat truck at Smithfields Market. CC				BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends CC	Friends CC	Gilmore Girls "Unto the Breach" (N)		Veronica Mars "Debasement Tapes"		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Cold Case Files "Bittler; Cheseboro"		CSI: Miami "Invasion" CC		CSI: Miami "Money for Nothing"		Bounty Hunter	Bounty Hunter	Driving Force (N)	Driving Force	Criss Angel	Criss Angel
	Animal	The Crocodile Hunter CC		The Most Extreme Shrew; gorilla.		The Most Extreme Followers. (N)		Last Maneater: Killer Tigers of India		Animal Precinct "Food and Shelter"		The Most Extreme Followers.	
	BET	106 & Park: BET's Top 10 Live CC			★ "Hair Show" (2004) Mo'Nique. A hairstylist needs her sister's help to win a contest. CC					College Hill CC	Run's House	Jamie Foxx	Jamie Foxx
	Bravo	Work Out CC		Work Out CC		Work Out CC		Work Out CC		Work Out The staff grieves for Doug.		Work Out The staff grieves for Doug.	
	Comedy	(5:00) ★ "The Shrimp on the Barbie"		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Chappelle's Show	South Park CC	Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops CC	Cops CC	Cops CC	Cops "Arizona"	Cops CC	Cops "Arizona"	Hot Pursuit	Hot Pursuit	LA Forensics	North Mission
	Discovery	How It's Made	How It's Made	Deadliest Catch "Cheating Death"		Deadliest Catch CC		Deadliest Catch "The Last Lap" (N)		Man vs. Wild Kenya. CC		MythBusters "Concrete Glider" CC	
	DISCH	Code Blue "One Simple Mistake"		Impact: Stories of Survival CC		Twins, Twins & More Twins CC		Twins in Peril: Twin to Twin		Jon & Kate Plus 8	Jon & Kate Plus 8	Twins, Twins & More Twins CC	
	Disney	Phil of the Future	That's So Raven	Hannah Montana	Zack & Cody	★★★ "Mulan" (1998) Voices of Ming-Na Wen. CC			That's So Raven	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Celebrity Divorces		E! News (N)	The Daily 10 (N)	20 Most Horrifying Hollywood Murders Murders.				Girl Next Door	Girl Next Door	E! News	The Daily 10
	FX	(3:30) Sideways	★★★ "The Green Mile" (1999, Drama) Tom Hanks, David Morse. A condemned prisoner possesses a miraculous healing power.							The Shield Vic learns the truth. (N)		(:07) The Riches Perfect dinner party.	
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Worth?	Hidden Potential
	Family	7th Heaven "That Touch of Bink"		Smallville "Relic" CC		★★★ "A League of Their Own" (1992) Tom Hanks. A women's professional baseball league debuts in 1943. CC						The 700 Club CC	
	History	Secret Russian Aircraft of WWII		Modern Marvels: Monster Trucks		Biography: Osama Bin Laden: In-Allah		The Spanish-American War: First Intervention The battles and outcome. (N) CC					
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba "Invasion"	"Nora Roberts' Montana Sky" (2007) John Corbett, Ashley Williams. CC				Will & Grace	Will & Grace
	MTV	Exposed (N)	Exposed	Real World Denver Cram Session 2		Punk'd	Punk'd	Punk'd	Scarred (N)	Real World-Rd	Real World-Rd	MTV Cribs	MTV Cribs
	NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Funniest Mom	Home Videos	Roseanne CC	Roseanne CC	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Need" CC		Special Unit 2 "The Brothers" CC		Special Unit 2 "The Pack" CC		Special Unit 2 "The Wraps" CC		ECW Mr. McMahon vs. RVD. (Live)		Painkiller Jane Eerie message. CC	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation CC		UFC Unleashed		Bullrun (N)		The Ultimate Fighter	
	TBS	Seinfeld CC	Seinfeld CC	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends CC	Friends CC	Sex and the City	Sex and the City
	TLC	Property Ladder CC		Motorcycle Mania 2 CC		Rides "ZZ Chop" CC		Miami Ink "American Chopper" CC		Miami Ink Kat's friend Mike visits. (N)		Miami Ink "A Disgruntled Yoji" CC	
	TNT	Law & Order "Untitled" CC (DVS)		NBA Basketball Conference Semifinal -- Teams TBA. (Live) CC					NBA Basketball Conference Semifinal -- Teams TBA. (Live) CC				
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "One"		Law & Order: Special Victims Unit		★★ "Liar Liar" (1997) Jim Carrey. A fast-talking lawyer cannot tell a lie. CC				Law & Order: Criminal Intent "Art"	
	VHI	Flavor of Love	Flavor of Love Girls: Charm School			Flavor of Love Girls: Charm School		Flavor of Love Girls: Charm School		Flavor of Love Girls: Charm School		Fabulous Life Of...	
SPAN.	TELEM	Daniela (N)	Noti-Telemndo	Dame Chocolate (N)		Marina (N)		Zorro - La Espada y la Rosa (N)			La Esclava Isaura	Noti-Telemndo	12 Corazones
	UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones		La Fea Más Bella (N)		Destilando Amor		Nuestra Belleza Latina		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC			NFL Live CC	U.S. Poker Championship CC		Contender Challenge		Baseball Tonight (Live)		SportsCenter (Live) CC	
	ESPN2	P.I.P.E.S.	NASCAR Now	RM Classic Car Auction CC		Madden Nation	Madden Nation	Madden Nation	Madden Nation	Madden Nation	Madden Nation	Contender Challenge	
	CSN	Washington	SportsNite CC	Beyond the Glory CC		Halls of Fame	Washington Post Live			SportsNite (Live) CC		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Paula Zahn Now CC		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Scarborough Country		Secrets to Tell		Catch Him If You Can	
MOVIES	AMC	★★ "Guarding Tess" (1994, Comedy) Shirley MacLaine. 'PG-13'				★★ "Volcano" (1997, Action) Tommy Lee Jones, Anne Heche. 'PG-13' CC				(:15) ★★ "Ladder 49" (2004, Drama) Joaquin Phoenix. 'PG-13' CC			
	TCM	Man to	(:45) ★★ "Fugitives for a Night" (1938) Frank Albertson.			★★★ "Alice Adams" (1935) Katharine Hepburn. 'NR'			(:45) Katharine Hepburn: All About Me -- A Self Portrait			★★★ "Sylvia Scarlett" (1935) 'NR'	
	HBO	★★ "The Ring Two" (2005, Horror) Naomi Watts. 'PG-13' CC				★★★ "United 93" (2006, Drama) David Alan Basche. 'R' CC				The Sopranos "Walk Like a Man"		Entourage CC	De La Hoya
	MAX	(5:15) ★★★ "American Psycho" 'R'		★★★ "51 Birch Street" (2005) Premiere. 'NR' CC			★★ "Passenger 57" (1992) Wesley Snipes. 'R' CC			★★ "Cruel Intentions" (1999) Sarah Michelle Gellar. 'R'			(:40) Hotel Erotica
	SHOW	(5:00) ★★ "The Longest Yard" CC		★★★ "Down in the Valley" (2005, Drama) Edward Norton. iTV. 'R' CC				The Tudors "Episode 6" (iTV) CC		Penn & Teller	★★ "Asylum" (2005) Natasha Richardson. 'R' CC		
	TMC	★★★ "Kiss the Bride" (2002) Amanda Detmer. 'R' CC			★★★ "The Client" (1994, Suspense) Susan Sarandon. 'PG-13' CC				★★★ "Scream 2" (1997, Horror) David Arquette. 'R' CC				Undiscovered
	STARZ!	(5:50) "Austin Powers: International Man of Mystery"			(:20) ★★★ "Keeping Up With the Steins" (2005) 'PG-13'			★★★ "Monster House" (2006) Steve Buscemi. 'PG' CC			(:35) ★ "The Benchwarmers" (2006) David Spade. CC		
	ENCORE	(4:35) Junior CC	★ "Deuce Bigalow: European Gigolo" (2005) 'R' CC			★★★ "Terminator 2: Judgment Day" (1991) Arnold Schwarzenegger. 'R' CC					★★★ "Dazed and Confused" (1993) Jason London. 'R'		

"Have I asked you before?"
"What's the date today?"
"How many do I need?"
"Have I already told you that story?"
"Where was I going?"
"What's your name?"
"Oh! I just can't seem to remember..."

HAVING DIFFICULTY
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A clinical research study is being conducted in your area to determine the effects of an investigational drug on daily function and memory in people with Alzheimer's disease.

Qualified participants must be:
- between 50 and 90 years of age
- in general good health
- diagnosed with mild to moderate Alzheimer's disease
- accompanied by a regular caregiver to 10 study visits over a 54-week period

If you qualify for participation, all study-related medical care, physical exams, lab tests and investigational drug will be provided at no cost.

For more information, please call:

CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375
www.ccraresearch.com
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IS IT MORE THAN JUST THE BLUES?

Major Depression is a serious medical illness affecting 15 million American adults yearly through a persistent combination of symptoms, that significantly interfere with the ability to work, sleep, eat, and enjoy once pleasurable activities.

If you or a loved one has been diagnosed with this illness call now to see if you may be eligible for a clinical research study of an investigational medication for Depression. You will receive at no charge:

Full Medical Exam • Laboratory Tests • Psychiatric Evaluation

Compensation will be provided for time and travel.

For more information, please call:
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301-251-4702

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- **Feel sad most of the day?**
- **Lost interest in activities?**
- **Feel hopeless?**
- **Feel grumpy or irritable?**

Find out if you have depression.

Volunteers are needed for a clinical trial testing an investigational medicine. Participants will be paid for time & travel.

301-231-9011
www.dupontclinicalresearch.com

Depressed? Depressed? Depressed?

Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
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Confidential interview and screening provided at our convenient Gaithersburg, MD office.

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Are you infected with Hepatitis C?

If so, you may want to learn more about a clinical trial being conducted in your area. Study participants will receive (at no cost):
- Regularly scheduled study-related doctor appointments
- Close monitoring and study-related care
- Study medication (No placebo)

If you are 18 years of age and older and have been told by a doctor that you have Chronic Hepatitis C (CHC), you may qualify for this research study.

Please call now for more information **(410) 465-2455**

FREE HEPATITIS B VACCINE

ENROLL NOW!

All healthy adults (18-55) are invited to participate in a clinical trial investigating a new vaccine for Hepatitis B. The study requires 6 office visits over a period of 6 months. Participants cannot have had previous vaccination for Hepatitis B. $210 COMPENSATION.

For more information, please contact:
Metropolitan Research
Fairfax, Virginia
(703) 698-9254 x20
bdawson@metrohepgi.com

www.metrohepgi.com

It's 4:19.....Got a Minute?

Then call about participating in a research study!

You may be eligible if:

- **You currently use marijuana and have used marijuana at least one year**
- **Are between the ages 18-45**

Studies will be conducted in the Clinical Pharmacology Unit of a research facility in Bethesda, MD.

CALL **1-866-750-2165** FOR MORE INFORMATION

All information is confidential!!

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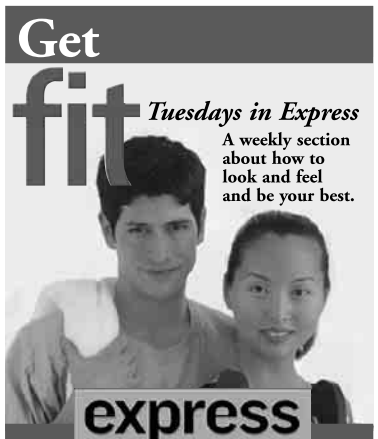

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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

You will be compensated for your time.

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PLEASE CALL: Kim AT 301 962 1607

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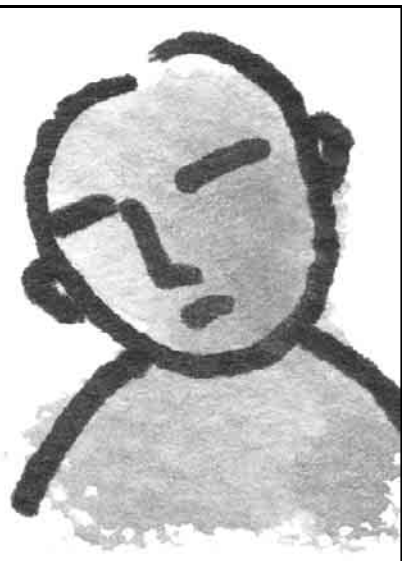
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Is the world getting you down?



Is life no fun anymore?
Is your energy level low?
Is your sleeping or eating out of whack?

If so, you may be eligible for a clinical research study on depression at no cost to you.

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Capital Clinical Research Associates

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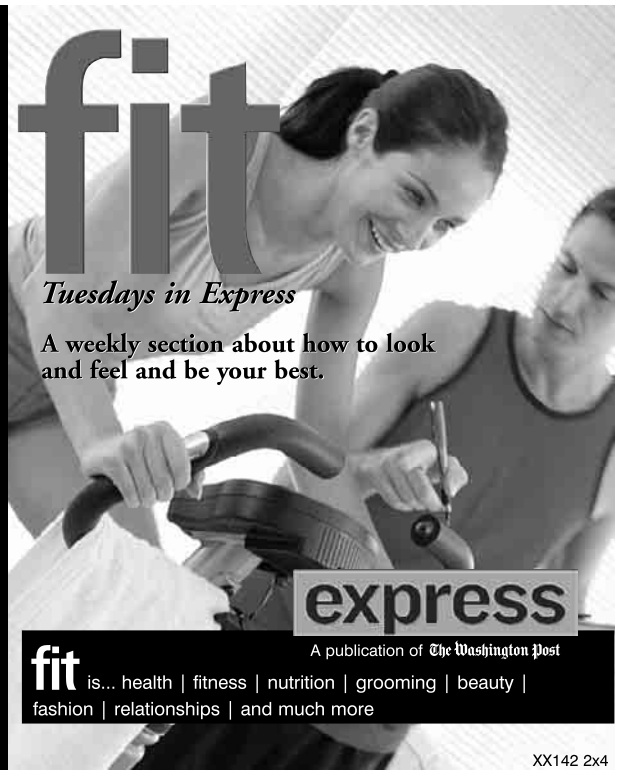

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Questions: Please check (√) yes or no	Yes	No
Are you at least 18 years old?		
Do you have a parent or sibling with diabetes?		
Do you have high blood pressure?		
Do you have high cholesterol?		
Are you overweight?		
Are you of African, Asian, Latin, or Native American ancestry?		
Have you had gestational diabetes?		
Have you had a baby who weighed more than 9 lbs at birth?		
Do you have polycystic ovary syndrome?		
Do you have cardiovascular disease?		

Participate in our diabetes detection research study using the new SCOUT® light device. Call or email MCRC-CapitolHill@medstar.net today!

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650 Pennsylvania Ave., SE Suite #50
Washington, DC 20003
202-787-5373
Medstarresearch.org

nine simple numbers you learned by age 3

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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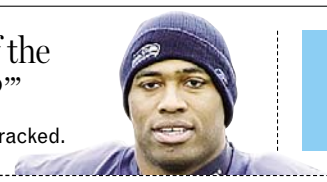
"I don't even want to get another X-ray until after this camp. ... If the X-ray shows it's still cracked, it's like, 'OK. What does that mean?'"

— **Seahawks RB Shaun Alexander**, who said Monday the foot he broke last year might still be cracked.



Sports

Cavaliers Look Defensive vs. Nets

Pavlovic shuts down Carter, saves Game 1 with block from behind

NBA PLAYOFFS | Sasha Pavlovic has always had it all: size, speed and strength along with a sweet outside shot.

All he needs to work on now is his comedic timing.

Displeased with Pavlovic's defense early last season, Cleveland coach Mike Brown gave him an ultimatum — get better or get used to sitting next to me on the bench. The suggestion led to Pavlovic famously saying, "My defense is my offense."

On Monday, Pavlovic said he was just joking.

"I remember saying that, but I wasn't serious about it," he said, cracking a smile. "He probably took it serious. That's my fault."

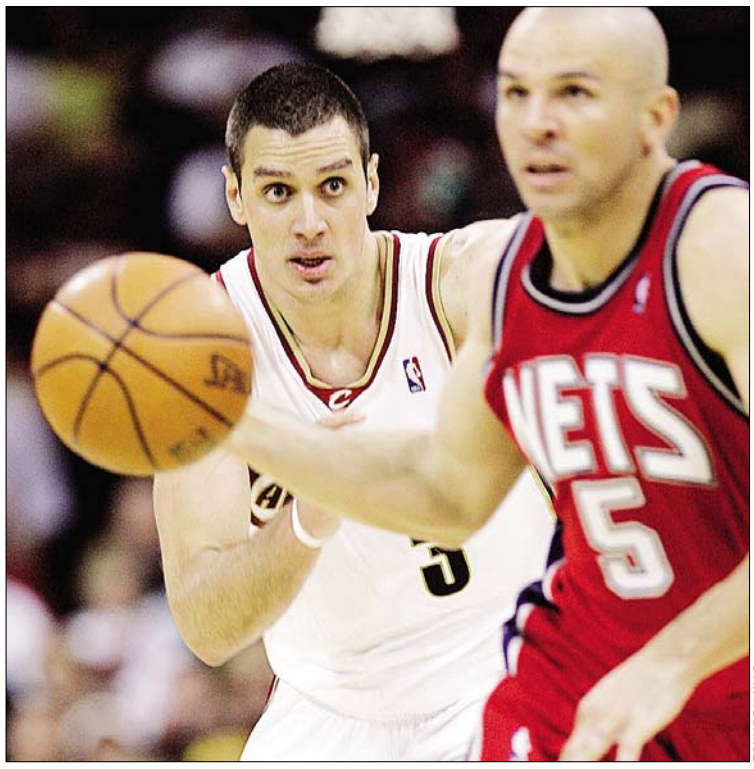
There was no mistaking Pavlovic's defensive impact in Cleveland's 81-77 victory over the New Jersey Nets on Sunday in Game 1 of their Eastern Conference semifinal. Assigned primarily to guard Vince Carter, Pavlovic harassed New Jersey's leading scorer into a 7-for-23 shooting performance.

Pavlovic also made the game's biggest defensive play, chasing down an unsuspecting Jason Kidd from behind following a steal and swatting away Mr. Triple-Double's layup attempt at the rim with 1:45 left and the Cavs protecting a four-point lead.

"A great play," Kidd said.

Pavlovic's extra-effort play symbolized Cleveland's lunch-pail-like approach to the opener. The Cavaliers, well-rested after a first-round sweep, were a step quicker and maybe a little tougher than the Nets, out-rebounding them 51-37, grabbing 20 offensive boards and holding them to 19 points under their playoff average.

TOM WITHERS (AP)



TONY DEJAK/AP

Cleveland's Sasha Pavlovic, left, chases down Jason Kidd and blocks a layup from behind during the fourth quarter of the Cavaliers' Game 1 win over New Jersey.

Swengali

BASEBALL | BY MATT SWENSON

Rocket Makes Yankees Better

ELEVEN YEARS AGO, Red Sox general manager Dan Duquette proclaimed that Roger Clemens was in the twilight of his career.

It should come as no surprise to anyone that, as Clemens once again has signed a free-agent contract midseason, the future Hall of Famer is still in high demand, while Duquette was last seen starring in "Damn Yankees."

Not that Clemens is perfect. It remains baffling that a seven-time Cy Young Award winner has played on four teams. His annual ritual of coming out of retirement grew tedious in 2004, the first year he pulled this routine. And he basically took off his final years in Fenway — apparently resting up for the second half of his career.

Nevertheless, there shouldn't be one person who doubts that Clemens will help get the Yankees back in the pennant race.

There shouldn't be one person who doubts that Clemens will help the Yankees.

Twenty-three years after his first big-league pitch, the Rocket still has it. His endurance is incredible. Just consider that in the past week, the Orioles had to shut down Adam Loewen for most of the season, and the Nats placed ace John Patterson on the disabled list.

Yet Clemens goes on, dominating as ever. He's so good that steroids are widely credited for his success. Who knows whether the accusations are true. All we know is that Clemens makes the Yankees better — and that's bad news for the rest of the majors.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Van Gundy Says He May Stay With Rockets

NBA | Frustrated by his team's ouster in the first round, Jeff Van Gundy plans to take some time to evaluate his future as coach of the Houston Rockets.

The Rockets' season ended Saturday with a Game 7 loss to Utah, and a report in the New York Post the next day said Van Gundy was going to retire.

Van Gundy

"I do the same thing every year since I've been coaching — I sit back and I think about what's right for the team and what's right for myself," Van Gundy said Monday. "This is no different."

Van Gundy has one year left on his nonguaranteed contract, meaning the Rockets have the right to terminate it anytime after June 30. CHRIS DUNCAN (AP)

Sabres and Senators Expect a Battle

Eastern Conference final matchup features 2 teams with history

HOCKEY PLAYOFFS | Sabres coach Lindy Ruff already knows there's enough bad blood between these teams and too much on the line

So, he's not about to make anything close to a derogatory comment about the Ottawa Senators, especially with the winner of this series going to the Stanley Cup finals.

No matter that Chris Neil's blindside hit knocked out Buffalo co-captain Chris Drury and sparked an on-ice melee in February. Ruff considered it history.

The coach also made sure to praise the Senators for winning the first two playoff rounds.

"You look at it — I think the two best teams in the East are playing," he said, a day after the Sabres eliminated the New York Rangers with a 5-4 win in Game 6 of their second-round series.

Don't get Ruff, wrong, though. When asked whether there's animosity between these Northeast Division rivals, he replied with a smile: "Ask me that after Game 1."

The dates of the best-of-seven series have yet to be determined, but the Sabres, as the NHL's top-seeded team, will host Games 1 and 2.

What's clear is that a Sabres-Senators matchup has been one most anticipated by hockey fans on both sides of the New York-Ontario border since the Sabres dispatched Ottawa in five games of a second-round series last year.

"There's a lot of history," Ruff said. "Whether that has any effect on it, I can't tell you right now. (AP)

PHILLIP MACCALLUM/GETTY IMAGES

Ottawa's Chris Neil, left, takes down Adam Mair during a game between the Senators and the Sabres in February. The two teams will meet in the Eastern Conference finals.

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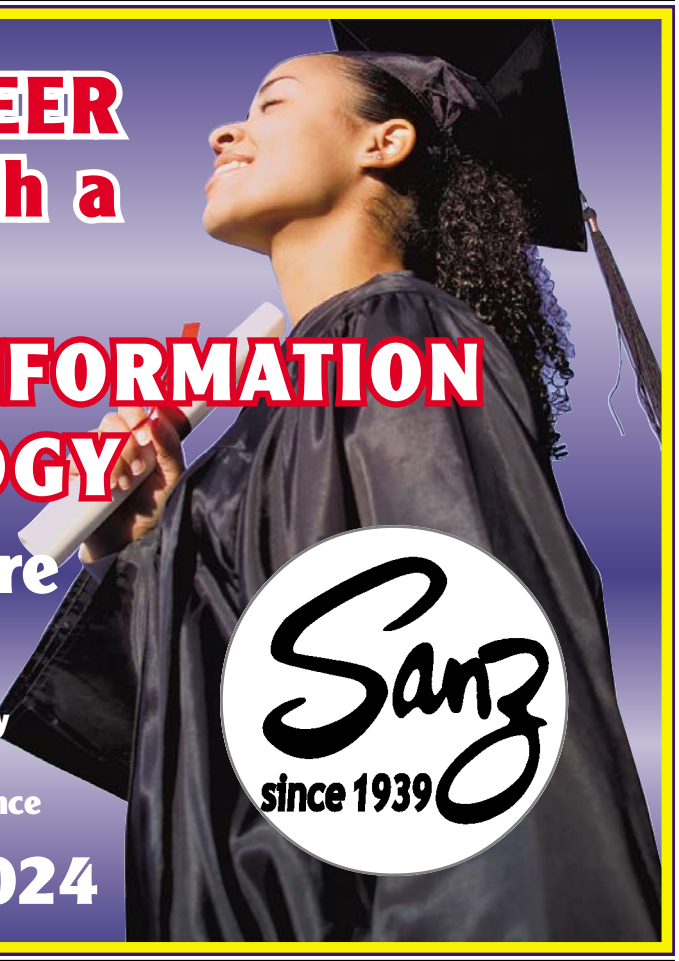

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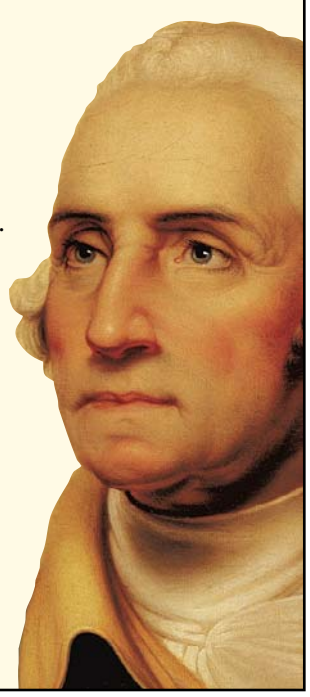

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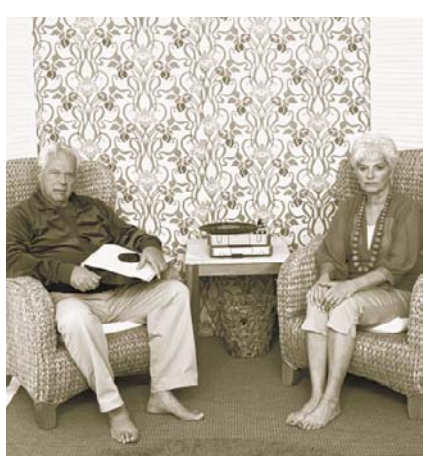

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Sports

Jones' Attorney: League Too Harsh

Letter cites 283 NFL players who received lesser punishments

NFL | Since January 2000, Adam "Pacman" Jones' attorneys count at least 283 NFL players who have been arrested or charged for offenses ranging from drunken driving to domestic violence to weapons possession.

None was suspended a full season for personal conduct, a punishment Jones' attorneys say was "unprecedented in its severity."

That's part of the Titans cornerback's plea for leniency in a 24-page letter sent to the NFL and posted Monday on the Tennessean newspaper's Web site.

NFL spokesman Greg Aiello declined to comment about the confidential document.

Attorney Mark Trigg of Atlanta, who wrote the letter, confirmed it was authentic and had been sent to the NFL. But he declined to discuss the letter further, citing the confidentiality of the league's appeal process.

"We did not intend for the letter to be made public out of respect for the league and other players referenced in the letter, even though each of those arrests are a part of public record," he said.

Jones

The letter, dated May 1, was sent to the league's labor relations counsel. It does not include Jones' five arrests since the Titans drafted him in April 2005, nor the 10 times he has been interviewed by police over the past two years.

Jones will meet with NFL commissioner Roger Goodell on Friday in New York to appeal. (AP)

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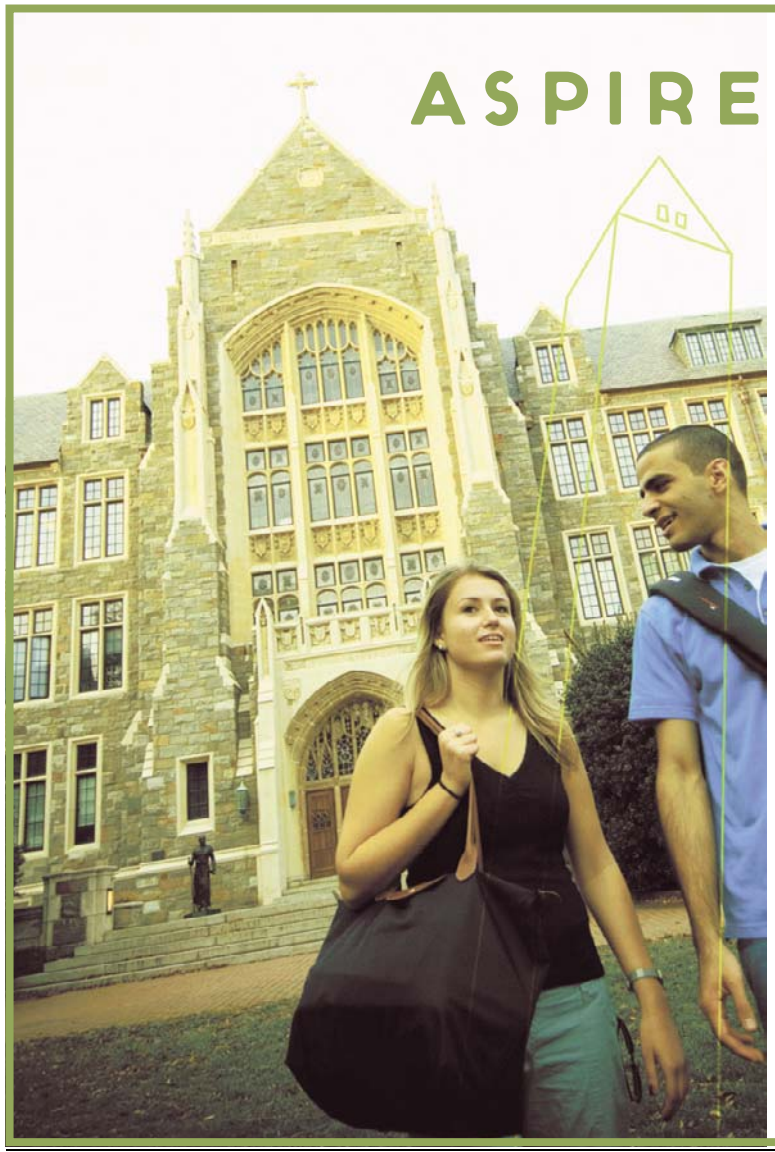

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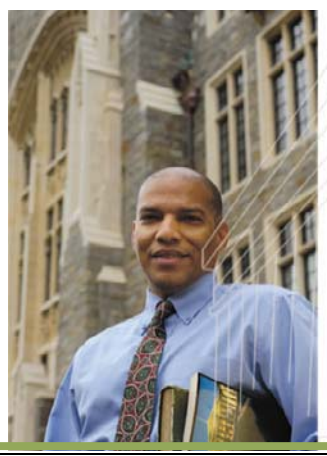

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Sports

WAYNE SCARBERRY/AP

Dale Earnhardt Jr. spins out after being hit by Jeff Green during Sunday's race in Richmond. Earnhardt says the Car of Tomorrow is too difficult to turn and to handle.

Junior Criticizes Car of Tomorrow

Driver says NASCAR must make the cars less frustrating to drive

AUTO RACING | Dale Earnhardt Jr. has used his clout to get things changed in NASCAR before. His next target is the Car of Tomorrow.

A day after struggling with the new-look car at Richmond International Raceway, Earnhardt Jr. called on NASCAR to make it easier to turn and handle.

"It's going to take some time to figure it out, but right now it's about the most frustrating thing I've had to deal with in this sport, and I've had to deal with some pretty frustrating things," Earnhardt said Monday.

Junior was running in the top 10 for much of Sunday's race until Jeff Green spun him. He finished 13th, but claims he knew he didn't have a car that would win. Jimmie Johnson's victory gave Hendrick Motorsports four wins in four races with the new car, which is being phased in this season and could be used in every race by 2008.

Earnhardt finished seventh, fifth and 19th in the previous COT races, and while that's not bad, Junior hasn't enjoyed any of them.

"Everyone is struggling with getting the cars to turn. Even when you're running in second or third position, you're just the best of the worst cars out there," he said.

The COT was the culmination of a seven-year project to find a safer car that would produce more side-by-side racing and make it easier to pass. With a detachable wing on the back and an adjustable splitter on the front, it was also designed to allow teams to use the same car at all tracks, saving teams money.

"They were open to suggestions on the wing versus the spoiler and all the other things when they were building the car and they implemented those," Earnhardt said.

"Hopefully, they'll be open to some criticism and more suggestions on how to improve it." (AP)

Redskins Add Tight End, Receiver

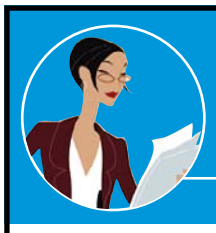
REDSKINS | The Washington Redskins signed tight end Zach Holton and wide receiver Adrian Madise on Monday.

The 6-foot-7, 262-pound Hilton was with the New Orleans Saints for three years but was waived before the start of last season.

His best season was 2005, when he had 35 catches for 396 yards and one touchdown.

Madise had two catches for the Denver Broncos in 2003.

The Redskins also released running back Kerry Carter and receiver Taylor Sele. (AP)



ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to ***askbetsydc@amsa.com.***

American Student Assistance

Teacher Loan Forgiveness

Dear Betsy,
I am currently employed as a special education teacher. I am receiving partial loan cancellation for my Perkins loans. Is there any program like that for Stafford loans?

Thank you,
Kaitlyn

Dear Kaitlyn,
There is a Teacher Loan Forgiveness program (TLF) for Stafford loans for which you may be eligible. The program pays a maximum of $5,000 or $17,500 depending on the area of teaching you are employed. To be potentially eligible, you must meet the following criteria:

- Have not taken loans prior to October, 1998
- Be teaching full time for five consecutive years in a public or non-profit elementary or secondary school
- For your area of teaching (special education), be defined as "highly qualified" which usually means having full state certification

If you think you may be eligible for this program, you should contact your loan holder to request an application. Note that it may be possible to put your loans on hold while you matriculate through your teaching requirement, but as interest will continue to accrue, you may want to continue to make payments during this time.

Regards,
Betsy

Loan Term

Dear Betsy,
How are the terms of a loan decided? A friend and I both consolidated our loans at the same time yet he won't be done for 30 years and mine will be paid off in 20. I'm not complaining that mine will be paid off sooner; I just could use a lower payment right now so extending the term would really help.

Thanks,
Chris

Dear Chris,
The term of a consolidation loan is based on the balance of the loans consolidated. It runs as follows:

Less than $7,500	10 years
$7,500 or more, but less than $10,000	12 years
$10,000 or more, but less than $20,000	15 years
$20,000 or more, but less than $40,000	20 years
$40,000 or more, but less than $60,000	25 years
$60,000 or more	30 years

If your payment is still too high for you, there are several lower payment options for which you may be eligible. Talk to your loan holder about income sensitive or graduated repayment to see if they will meet your current needs.

Best of luck,
Betsy

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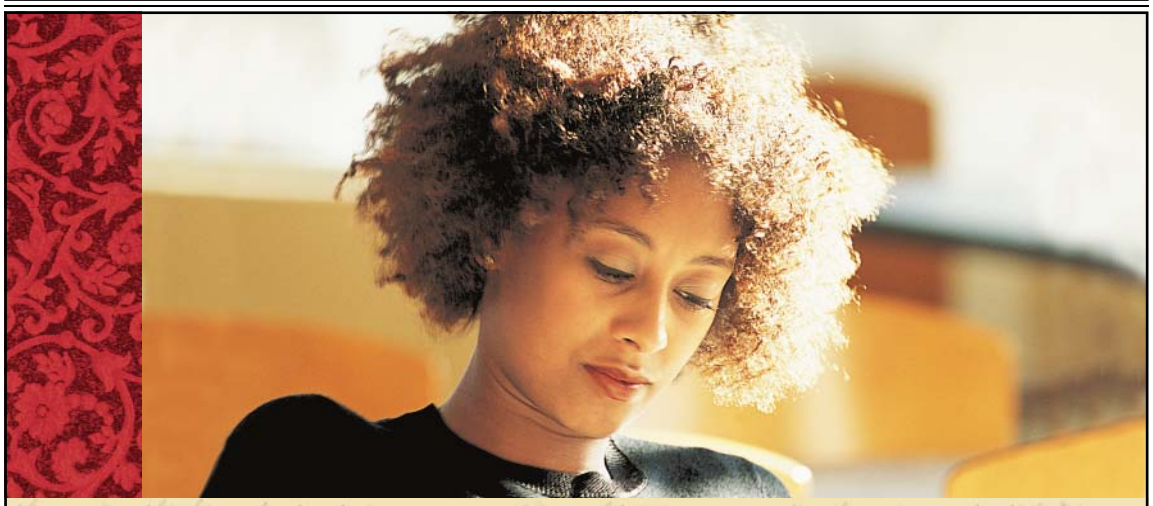
Have a question about student loans? E-mail me at askbetsydc@amsa.com



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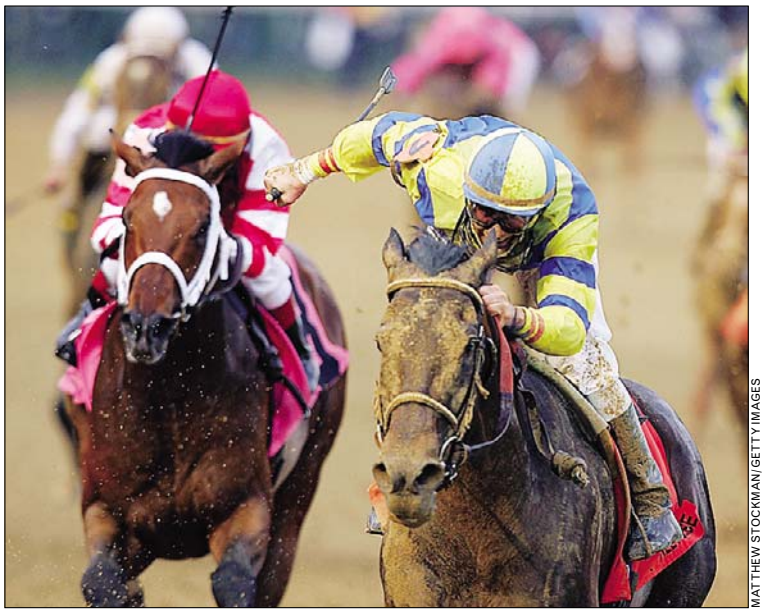
Sports



MATTHEW STOCKMAN/GETTY IMAGES

Street Sense, right, charged ahead of Hard Spun, left, down the final stretch of Saturday's Derby. Now, all the horses will be gunning for him at the Preakness.

Derby Winner Is Now Top Target

Every horse is gunning for Street Sense as talk turns to the Preakness

HORSE RACING | Street Sense got a big leg up on the Triple Crown path with a win in the Kentucky Derby.

Hard Spun, some new rivals and a few holdovers would love to toss a giant roadblock in Street Sense's run at racing immortality with a victory in the Preakness in two weeks.

"I'm sure going to try and keep that from happening," Hard Spun trainer Larry Jones said. "If he wins the Triple Crown, I'm going to try and make him earn it."

It's been 29 years since Affirmed swept the Derby, Preakness and Belmont. Four other horses in the past six years have won the first two legs only to lose the 1 1/2-mile Belmont, most recently Smarty Jones in 2004.

Not that 65-year-old Street Sense trainer Carl Nafzger is thinking that far ahead quite yet. Perhaps hiding the winner's garland of red roses on Sunday was one of Nafzger's ways to hush all the immediate Triple Crown talk. Want to talk Preakness with him? Wait until next week.

"Make an appointment," he said.

Street Sense will be in Baltimore on May 19 for the second leg of the Triple Crown. Six times in the last 10 years the Derby winner has gone on to win the Preakness, setting up a Triple try.

"He's awesome," Jones said of Street Sense. "But he's more awesome at Churchill then anywhere I've seen him." DAN GELSTON (AP)

TODAY'S TV LINEUP

NATIONALS (8 P.M. ON MASN2) The Nationals will go with Jason Simontacchi, pitching in his first major league game since 2004, against the Brewers.

ORIOLES (7 P.M. ON MASN) After two straight losses, the Orioles hope to get back on track when they host the Devil Rays for a three-game series that starts Tuesday.

NBA PLAYOFFS (8 P.M. ON TNT) New Jersey tries to knock off King James and the Cavs in Game 2, and Phoenix tries to get back on track against San Antonio.

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		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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Sports

Indians Youngster Shuts Down O's

Carmona dominates Baltimore for the 2nd time this season, 10-1

ORIOLES | Travis Hafner hit a grand slam and Fausto Carmona allowed one unearned run in seven innings, and the Cleveland Indians beat the Baltimore Orioles 10-1 Monday to earn a split of the four-game series.

Carmona (3-1) was sent to the minors two days after beating Baltimore on April 29 because there was no room for the right-hander in the Cleveland rotation. But an injury to Jake Westbrook opened the door for his recall, and Carmona responded with another fine effort against the Orioles.

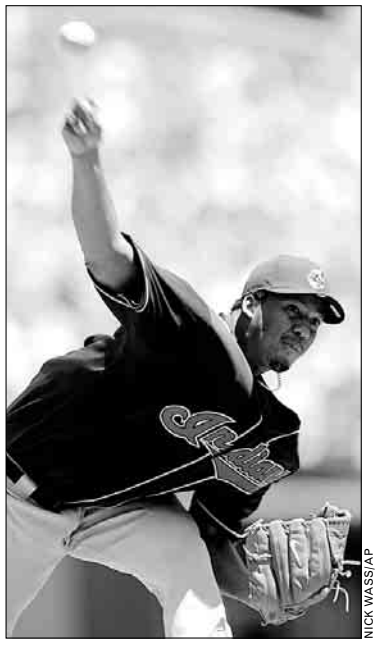
In two games against the Orioles, Carmona has allowed one earned run in 15 1/3 innings.

"He had great stuff in Cleveland," Baltimore's Aubrey Huff said. "You think, 'OK, he just had great stuff that day.' Today, he came out and did the same exact thing. I don't care what team you are. If he's throwing balls like that — keeping it down with that much sink [and] throwing 94 — I don't know many teams that can handle that."

Orioles starter Steve Trachsel gave up one run and six hits in six innings. After his departure, the Indians ripped through a Baltimore bullpen that during the offseason received a $42 million makeover.

"They're going to get hit once in a while," Orioles manager Sam Perlozzo said. "I don't think they've had their best stuff. They're better than that."

DAVID GINSBURG (AP)



NICK WASS/AP

In two games against the O's, Fausto Carmona allowed just one earned run.

MLB STANDINGS

THROUGH MAY 6'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	20	10	.667	—	9-4	11-6
N.Y. Yankees	14	15	.483	5.5	8-7	6-8
Baltimore	14	17	.452	6.5	9-7	5-10
Tampa Bay	14	17	.452	6.5	8-9	6-8
Toronto	13	18	.419	7.5	7-7	6-11
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Cleveland	18	10	.643	—	11-3	7-7
Detroit	19	11	.633	—	8-6	11-5
Minnesota	16	15	.516	3.5	8-9	8-6
Chicago	14	14	.500	4.0	5-7	9-7
Kansas City	10	22	.313	10.0	6-12	4-10
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
L.A. Angels	17	15	.531	—	12-5	5-10
Oakland	15	15	.500	1.0	6-7	9-8
Seattle	13	13	.500	1.0	8-6	5-7
Texas	13	18	.419	3.5	9-7	4-11

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	19	11	.633	—	7-7	12-4
Atlanta	19	11	.633	—	10-6	9-5
Florida	14	16	.467	5.0	8-9	6-7
Philadelphia	14	17	.452	5.5	6-7	8-10
Washington	9	22	.290	10.5	4-10	5-12
CENTRAL	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
Milwaukee	21	10	.677	—	13-5	8-5
Chicago	15	14	.517	5.0	7-9	8-5
Cincinnati	14	17	.452	7.0	7-9	7-8
Houston	13	17	.433	7.5	6-8	7-9
Pittsburgh	13	17	.433	7.5	5-8	8-9
St. Louis	12	17	.414	8.0	5-10	7-7
WEST	**W**	**L**	**PCT.**	**GB**	**HOME**	**ROAD**
L.A. Dodgers	18	13	.581	—	8-7	10-6
San Diego	17	14	.548	1.0	8-6	9-8
San Fran.	16	14	.533	1.5	10-8	6-6
Arizona	17	16	.515	2.0	10-8	7-8
Colorado	13	18	.419	5.0	6-7	7-11

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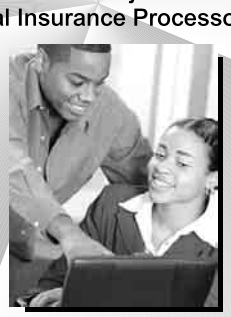

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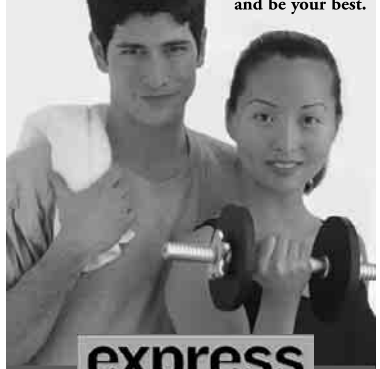
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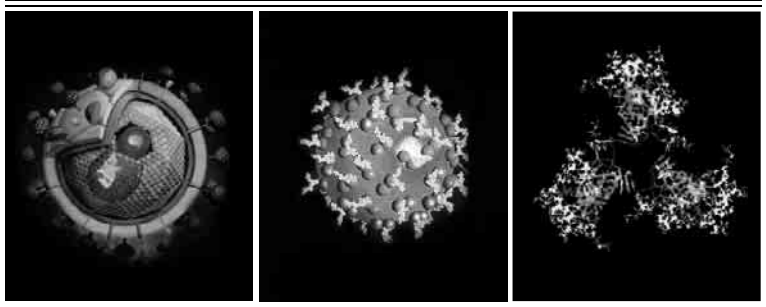

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a symposium
Sponsored by the John W. Kluge Center at the Library of Congress in partnership with the International AIDS Vaccine Initiative and the Hepatitis B Foundation of America with support from the Dana Foundation
THURSDAY
MAY 10, 2007
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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

It's Butterstick chic for Tai Shan's stay | 35

Live Online: Fisher on the D.C. vote fight | 36

Extreme: Ty Pennington is arrested | 38

Tender Words

Food

Butchers have plenty to offer if you learn to speak their language

Frank Ottomanelli makes a point of knowing his customers. If not by name, at least by meat.

And so when "Lamb Chop Lady" or "T-bone Mike" walks into his old-style New York butcher shop, Ottomanelli is able to give them the sort of personalized service that can mean the difference between a divine dinner and a deep disappointment.

"A lot of customers come in with cookbooks, and we'll look at it for them," says Ottomanelli, a third-generation butcher who runs Ottomanelli & Sons with his three brothers. "I get more hugs from my customers than I get from my wife all year."

But in this era of superstores and online ordering, most people know their convenience store clerk better than their butcher.

That's a shame, because relationships with people like Ottomanelli can get you more than a nickname: custom cuts, the inside scoop on the day's best offerings, or cooking tips on how to make the most of your meat.

LARRY CROWE/AP

Al Smith, left, co-owner of Concord Beef and Seafood, shows off some filet mignon.

For that to happen, it helps to speak your butcher's language.

"Anytime someone walks in and knows what they're talking about, it makes it a whole lot more interesting," says Trent Plumley, a butcher and assistant manager at Todd's Butcher Shop in Nashville, Tenn.

Even if you know nothing about cuts, at least know what you are serving and how you want to cook it, he says.

The biggest mistake people make at the meat counter is fending for themselves without asking any questions or doing any homework, says Tom Schneller, a meat instructor at the Culinary Institute of America in Hyde Park, N.Y.

Even looking up a recipe on the Internet can make it easier to know what to ask for and how to ask for it, he says.

Tom Wright, a butcher for 37 years at a Louisville, Ky., Kroger store, says he likes it when customers come in with recipes and ask for help. He's also happy to prepare special cuts if people call ahead.

And if you ask, he'll also share his tricks for foolproof grilling (go with the rib-eye) and how to make the most out of inexpensive chuck steaks (marinades).

"You've got to be right. If you're right, they'll come back to you. They'll say it turned out good," he says. (AP)

MEATY TIPS

➜ When it comes to steaks, a hefty price often means a foolproof cut.

➜ Be sure to ask the butcher for a rectangular rack of ribs. This helps them cook evenly.

➜ For burgers, ask the butcher to grind your beef for you that day.

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LOOK out

J SCOTT APPLEWHITE/AP

MYSTERY COIN: Military contractors thought these Canadian coins with a bright red flower were being used for espionage.

Crafty Canada

Espionage

Contractors wrongly surmised coins were being used for spying

The surprise explanation behind the U.S. government's sensational but false warnings about mysterious Canadian spy coins is the harmless "poppy quarter," the world's first colorized coin, The Associated Press has learned.

The odd-looking coins with a bright red flower were so unfamiliar to suspicious U.S. Army contractors traveling in Canada they filed confidential espionage accounts about them. The worried contractors described the coins as "anomalous" and "filled with something man-made that looked like nano-technology," according to once-classified U.S. government reports and e-mails.

The silver-colored 25-cent piece features the red image of a poppy — Canada's flower of remembrance — inlaid over a maple leaf. The unorthodox quarter is identical to the coins pictured and is described as suspicious in the contractors' accounts.

The supposed nano-technology actually was a conventional protective coating the Royal Canadian Mint applied to prevent the poppy's red color from rubbing off.

"It did not appear to be electronic [analog] in nature or have a power source," wrote one U.S. contractor, who discovered the coin in the cup holder of a rental car. "Under a high-power microscope, it appeared to be complex — consisting of several layers of clear, but different material, with a wire-like mesh suspended on top."

The confidential accounts led to a sensational warning from the Defense Security Service, an agency of the Defense Department, that mysterious coins with radio frequency transmitters were found planted on U.S. contractors with classified security clearances on at least three separate occasions between October 2005 and January 2006 as the contractors traveled through Canada.

Intelligence and technology experts were flabbergasted over the warning when it was first publicized earlier this year. The warning suggested that such transmitters could be used surreptitiously to track the movements of people carrying the coins.

"I thought the whole thing was preposterous — to think you could tag an individual with a coin and think they wouldn't give it away or spend it," said H. Keith Melton, a leading intelligence historian.

But Melton said the Army contractors properly reported their suspicions. "You want contractors or any government personnel to report anything suspicious," he said.

The Defense Security Service disavowed its warning about spy coins after an international furor, but until now it has never disclosed the details behind the embarrassing episode. The U.S. said it never substantiated the contractors' claims and performed an internal review to determine how the false information was included in a 29-page published report about espionage concerns.

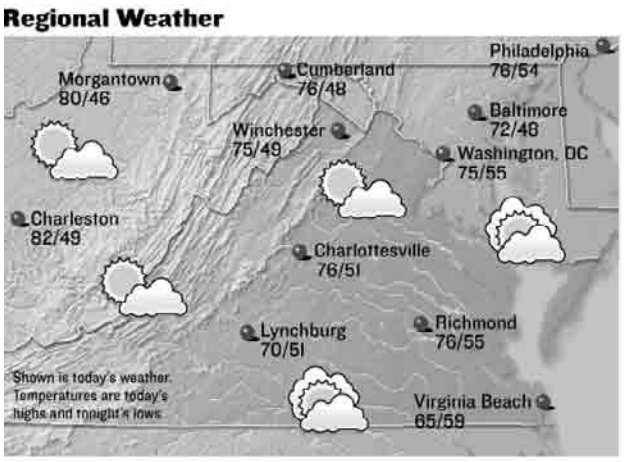
> "While these coins aroused suspicion, there was nothing there."
>
> **CINDY MCGOVERN**, DEFENSE SECURITY

The Defense Security Service never examined the suspicious coins, spokeswoman Cindy McGovern said. "We know where we made the mistake," she said. "The information wasn't properly vetted. While these coins aroused suspicion, there ultimately was nothing there." TED BRIDIS (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly cloudy	Partly sunny	Partly sunny	Variably cloudy, a thunderstorm possible	Partly cloudy, a thunderstorm possible
75°	55°	79° / 60°	82° / 62°	80° / 60°	74° / 55°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	65°
Low	45°
Normal high	73°
Normal low	53°
Average humidity	41%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.04"
Normal month to date	0.80"
Year to date	12.08"
Last year to date	8.97"
Normal year to date	13.01"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

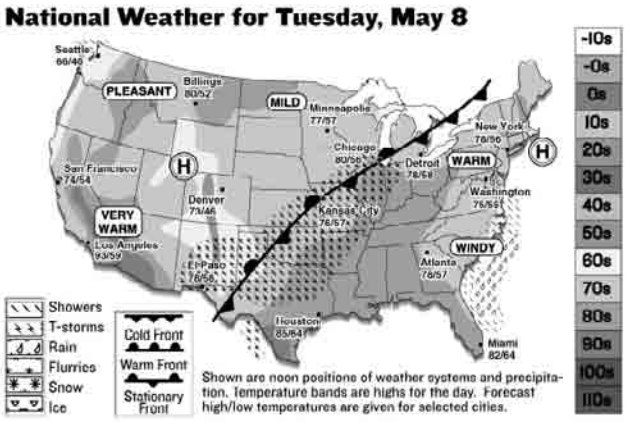
D.C. Metro: Today, mostly sunny. High 75. Wind east at 6-12 mph. Tonight, mostly cloudy. Low 55.

Sun and Moon

Sunrise today	6:03 a.m.
Sunset tonight	8:07 p.m.
Moonrise today	1:19 a.m.
Moonset today	10:44 a.m.

Last	New	First	Full
May 10	May 16	May 23	May 31

National Weather for Tuesday, May 8



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	78/57/s	78/61/s
Boston	82/54/s	83/58/s
Chicago	80/56/t	77/54/t
Dallas	82/65/t	82/61/t
Denver	73/46/pc	78/48/pc
Honolulu	85/72/pc	85/72/s
Los Angeles	93/59/s	84/58/s
Miami	82/64/pc	83/67/pc
New York City	78/56/s	82/60/s
Orlando	84/58/pc	81/64/pc
Seattle	66/46/pc	66/44/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	58/52/sh	59/50/pc
Athens	76/60/pc	75/61/s
Berlin	59/46/sh	61/46/sh
Buenos Aires	55/41/s	61/43/s
Calgary	71/48/pc	61/38/pc
Dublin	55/45/sh	59/48/sh
Geneva	62/46/r	59/48/c
Moscow	63/50/sh	55/40/sh
Rome	74/52/pc	73/54/s
Sydney	81/63/pc	73/61/t
Tokyo	75/61/s	79/64/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | Look out

JUST AS CUTE, BUT LESS DEADLY: You can't snuggle up with a panda — unless you enjoy jail time — but you can wrap yourself in this bamboo/cotton throw. It's the same as all the bear love, but you don't have to vacuum hair off your couch. ($60, West Elm)

SUPPORT IN STYLE : Bouncing bosoms benefit from bamboo bras. Especially because fabrics made from the hardy, fast-growing and sustainable grass actually inhibit bacteria, keeping the post-yoga stink to a blessed minimum. ($25, ecodesignz.com)

RING OF ADMIRE: If you tried petting the Shanster while wearing this burnt bamboo bracelet, he'd definitely take a chomp. While it says fashion to us, it says snack to him. ($5, paradiseclothingco.com)

Grin & Bear It

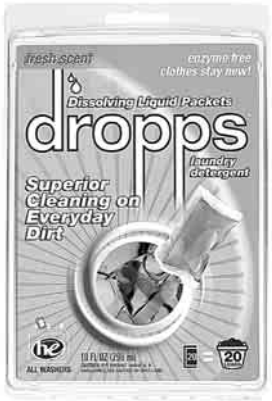
File UNDER Fad

With the news that Tai Shan will stay awhile, it's natural to want to get your hands on D.C.'s favorite son. Too bad Butterstick is a wild animal; if he doesn't end the encounter, Mei Xang definitely will. And, if you get out unscathed, you would still be charged with unlawful entry and disturbing an endangered animal. Instead, celebrate his extended visit by embracing bamboo, the mainstay of the panda diet. JAMIE PAGE DEATON

SHAWL OVER IT: If you get complimented on your bamboo shawl, you can say, "Thanks! It's made from a woody perennial evergreen in the Poaceae family!" ($25, bamboo clothes.com)

BUNDLE OF JOY: The Timboo Hooded Towel lets you bind your baby in bamboo bunting. Tai Shan may be cuter, but your kid probably weighed more at birth. Go, human baby! ($28, babydagny.com)

Laundry



Dropp Everything

Never spill laundry detergent all over yourself again with **DROPPS** ($13 for 20, Bed, Bath & Beyond). A single serving of soap is trapped in a filmy envelope (it feels like congealed bubble-blowing liquid) that dissolves in about 30 seconds. We've had several dark shirts ruined by dumping in detergent too soon, but Dropps you can toss in right away. Alas, one packet spontaneously melted in our bag; Dropps-toting travelers should invest in sturdy Ziploc baggies. But at least the bag got clean. HOLLY J. MORRIS (EXPRESS)

Beauty

Summer Lovin', Had Me a Blast. Uh-Huh.

The new **VERY IRRÉSISTIBLE GIVENCHY SUMMER SUN** ($50, Sephora) is a scentual reminder of that boyfriend you had at summer camp. Or, if you never had a boyfriend at summer camp (which can happen if your mom makes you go to Girl Scout camp every summer even if you hate it and the other girls are mean. You know, hypothetically.), the one you wish you had. It's a bit lacking in depth, but combines the fun tinglyness of bug juice with a touch of wet flowers. Alas, the scent will probably last longer than the romance. KRISTEN PAGE-KIRBY (EXPRESS)

Look out Online

readexpress.com

site specifics

FREE RIDE

Facebook Aids Foundation

The networking site Facebook.com has unified more than 1,000 concerned D.C. citizens looking to give back to the Eastern Market community. Tonight, local businesses will do their part by donating a percentage of their happy hour funds to the Capitol Hill Community Foundation. Find out more . | ONLINE NOW

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continuous since 1873

ENTERTAINMENT

Family Fodder

Two beautiful, estranged American sisters are reunited in Paris, start recording music in the bathtub and cause a massive underground buzz. That's CocoRosie. Express contributor Katherine Silkaitis caught up with them — just before they were arrested. | ONLINE NOW

TRANSIT

Metro Track Work

Off-peak commuters be forewarned: Metro will be undergoing scheduled track maintenance from 10 a.m. to 3 p.m. all this week. Make sure to plan for 15-minute delays on specific segments of the Red, Orange, Blue and Green lines. For more train delay and track work news, go to readexpress.com. | ONLINE NOW

comment board

"**Rosslyn is long overdue** for a makeover, but there are questions to answer. Will they be green buildings? Will their architecture give the skyline a much-needed signature? If not, they'll just be one more set of high-rise hives for worker bees."

COMMENTER THEGREENMILES, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WILL ROSSLYN'S NEW HIGH-RISES HELP OR HARM THE AREA?"

"**I've been around D.C.** long enough to have seen Rosslyn when it was a jumble of tawdry one- and two-story shops and am very happy to see that Arlington has the vision to create an interesting and dynamic skyline overlooking the flat, boxy blandness of our nation's capital."

COMMENTER DCNATIVE WELCOMES A NEW-LOOKING SKYLINE IN THE AREA.

poll center

TODAY'S QUESTION

Who do you want to see booted off of 'American Idol'?

1. Blake
2. Jordin
3. LaKisha
4. Melinda

YESTERDAY'S RESULTS

Will Rosslyn's new high-rises help or harm the area?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

HELP 55%

HARM 45%

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"Tony Blair's long walk to the dugout will be more or less compensated by the ascension of rightist Nicolas Sarkozy to the French presidency."

WAVEFLUX.NET SAYS THE "WHITE HOUSE [WILL BLOW] KISSES FROM AFAR" TO SARKOZY, THE CENTER-RIGHT WINNER OF FRANCE'S PRESIDENTIAL ELECTION OVER THE WEEKEND.

DENIS FARRELL/AP

"TEN OR 20 YEARS ago, someone thought it would be a good idea to build what amounts to a strip mall there. Four or five more stories on top of it, which is in character for the rest of [U Street NW], and you've just increased density. Twenty years ago, a one-story building may have made economic sense."

APORTABLESNACK.BLOGSPOT.COM DISCUSSES 13TH AND U STREETS NW.

"HIS FASTBALL has remained constant ... ; it's his location that is causing him angst. It's not that he's allowing more walks than before. ... [H]e's getting behind early and often, and hitters are learning to wait for that one 'batting practice fastball' Cordero must throw to get a strike — ... then the trouble begins."

TBWB.BLOGSPOT.COM ON NATIONALS RELIEF PITCHER CHAD CORDERO.

"WHEN TOLD of [Oprah] Winfrey's somewhat vague rationale, Hillary Clinton immediately sent the talk show mainstay a bouquet of flowers, a luncheon invitation and an unintentionally creepy card reading, 'I'd love to get to know you better. Signed, Hill.'"

JOSSIP.COM JOKES ABOUT TALK SHOW TITAN OPRAH WINFREY AND HER ENDORSEMENT OF BARACK OBAMA FOR PRESIDENT BECAUSE SHE KNOWS HIM PERSONALLY.

"**I'm not sure** what options you DCites have, but there's got to be somewhere good to go eat it. If you choose not to, that's just as well. More for me."

YEAHSOIM.BLOGSPOT.COM SINGS THE PRAISES OF THAT TASTY PERUVIAN TREAT, POLLO A LA BRASA, WHICH CAN BE FOUND IN PLENTIFUL SUPPLY ACROSS NORTHERN VIRGINIA.

Live Online

Close to a Vote

Post columnist **MARC FISHER** was online Monday to discuss his Sunday Outlook article about how the long fight for getting D.C. a vote in Congress may be about to pay off.

What do you think the chances are this will pass the Senate?

Pretty decent chances that it will pass; the real question is whether advocates for the bill will muster the 60 votes they need to quash a filibuster. And then there's the question of whether the president would veto the bill, as White House officials have threatened. Jack Kemp and Tom Davis told me they do not believe Bush would use the veto power on this — given how infrequently he has used the veto.

What would be the legal basis for a court case that would test the constitutionality of the D.C. Voting Rights Act?

If this bill passes and is signed into law, you would soon see a lawsuit challenging Congress' right to grant a House seat to the District in apparent contravention to the constitutional requirement that representatives come from "the several States." That case would surely go all the way to the Supremes.

What is the justification for taxes in the District when the other territories are not taxed?

The District is part of the original United States, and its residents are full citizens who are treated as such in every way except for the historical anomaly of having no vote.

Do you think a vote in the House will help get the fire hydrants in working order?

Not a chance.

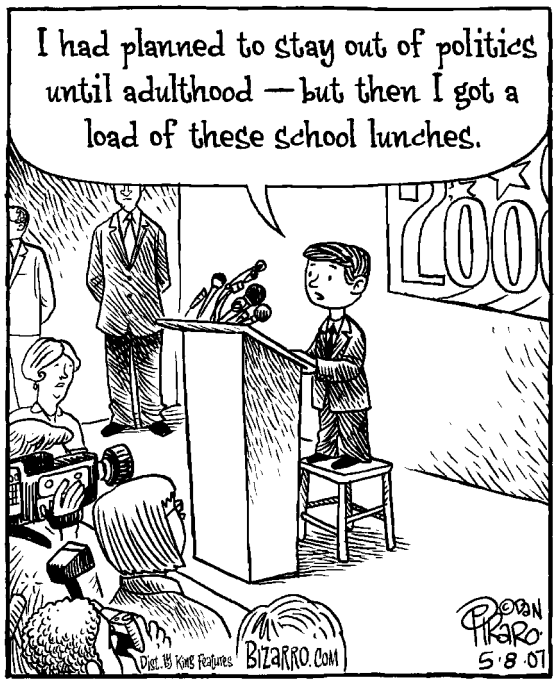
TODAY ON LIVE ONLINE: Bob Woodward discusses his review of former CIA Director George Tenet's book, "At the Center of the Storm," at 3 p.m. | **washingtonpost.com/liveonline.**

DO

READ BEFORE YOU EAT. With so many good restaurants in the area, it can be tough to keep up with them all. Leave it to one local connoisseur to blog about the dining scene for you. So, before circling in one restaurant, do some research (www.dcfoodies.com). Your stomach will thank you later.

Look out

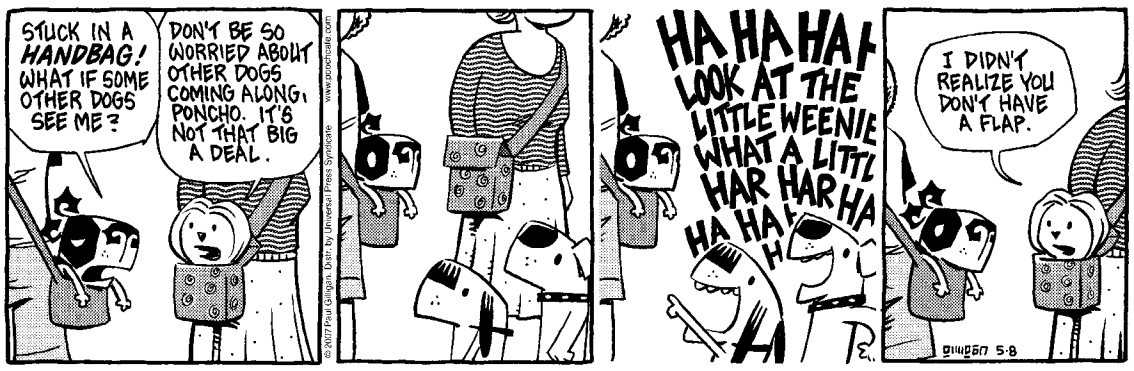
Bizarro | *Dan Piraro*



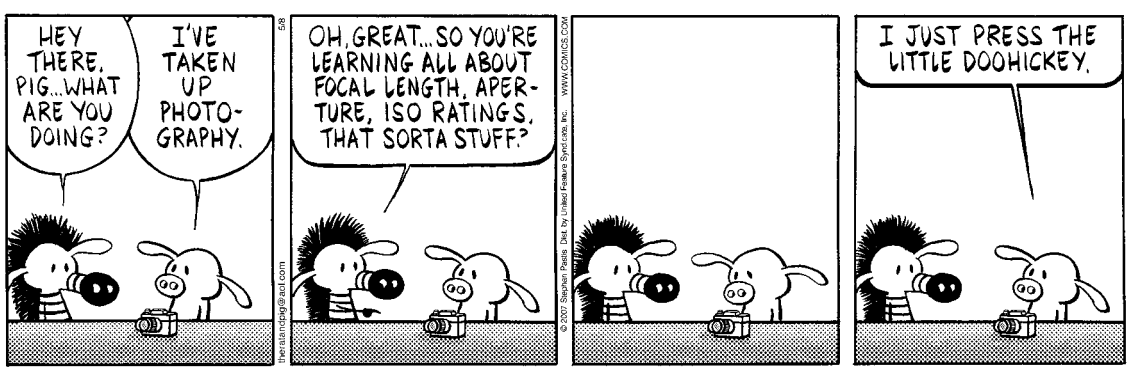
Cornered | *Mike Baldwin*

"They asked me to step in. He kept spelling his name wrong."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

TAURUS (April 20-May 20) Consolidate your efforts, and you won't find yourself giving out the same bits of information over and over again. Tell your story once.

GEMINI (May 21-June 20) Take a look back at something that happened recently that left a sour taste in your mouth. You'll realize you were not at fault.

CANCER (June 21-July 22) Unlike your Gemini neighbor, you're in the mood for something dramatic, colorful and even a little wild. Choose your partner with care.

LEO (July 23-Aug. 22) You can help someone achieve the recognition he or she deserves. In the end, you should benefit in some small way as well.

VIRGO (Aug. 23-Sept. 22) You can win over those under your command simply by making sense and doing things the simple, old-fashioned way.

LIBRA (Sept. 23-Oct. 22) You may be paying for the late night you spent last night. If so, remember you can only do so much without asking for assistance.

SCORPIO (Oct. 23-Nov. 21) Don't take too lightly something that a friend or loved one is going through. Though you can't help, you can lend moral support.

SAGITTARIUS (Nov. 22-Dec. 21) At home, things may seem to be in the midst of a minor slowdown — but someone is getting ready to spring some surprising news on you soon.

CAPRICORN (Dec. 22-Jan. 19) The behavior you are expected to adopt may not be suitable for you or your situation. You can convince authorities of this in time.

AQUARIUS (Jan. 20-Feb. 18) You'll be in very good shape to accomplish a major goal, but because a friend asks for help you may want to postpone your efforts a while.

PISCES (Feb. 19-March 20) You'll receive a timely clue that allows you to solve a particularly stubborn mystery. Others are likely to come to you with questions.

ARIES (March 21-April 19) You're likely to receive an important compliment from an unusual source. This actually means far more right now than you think.

JOHN BAZEMORE/AP

Pharmacist John Pemberton invented the flavor syrup for Coca-Cola today in 1886.

Today in History

1794 Antoine Lavoisier, the father of modern chemistry, is executed on the guillotine during France's Reign of Terror.

1886 Atlanta pharmacist John Pemberton invents the flavor syrup for Coca-Cola.

1945 President Truman announces in a radio address that World War II has ended in Europe.

1958 Vice President Richard Nixon is shoved, stoned, booed and spat upon by anti-American protesters in Lima, Peru.

1973 Militant American Indians who had held the South Dakota hamlet of Wounded Knee for 10 weeks surrender.

1987 Gary Hart, dogged by questions about his relationship with Miami model Donna Rice, withdraws from the race for the Democratic presidential nomination.

PostPoints DAILY CODE IX

Look out People

CHRIS PIZZELLO/AP

"You smell like Jessica Biel. I hate you."

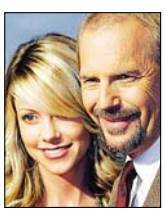
PUBLICITY

Camera Captures Eerie 'Hate Aura' for First Time

CAMERON DIAZ and **JUSTIN TIMBERLAKE** were photographed together at a major event for the first time since their split. They met up at the premiere of "Shrek the Third" in Los Angeles on Sunday. At the cast photo, they greeted each other with a hug and kiss. (AP)

SCIONS

Costner's Child Bride Births Healthy Male Heir



It's a boy for **KEVIN COSTNER** and his wife, **CHRISTINE**. Cayden Wyatt Costner was born at 10:30 p.m. Sunday at a Los Angeles hospital, the 52-year-old man's publicist, Paul Bloch, said Monday. "Both mother and son are doing well," said Bloch, adding that the baby has dark hair. He is the couple's first child. (AP)

FRAZER HARRISON/GETTY IMAGES

PAINFUL PUNS

He Tyed One On

TY PENNINGTON, host of "Extreme Makeover: Home Edition," was arrested in Los Angeles on a misdemeanor charge last weekend. Pennington, 42, was booked on suspicion of being under the influence of alcohol and drugs while driving. He was released two hours later after posting $5,000 bail and was due back in court June 4. (AP)

CASTING

'Rent' Continues to Offer Aid to Non-Working Actors

Those "American Idol" finalists keep coming to Broadway. **TAMYRA GRAY**, from the TV show's first season, is getting ready for her second gig there. She made her Broadway debut in "Bombay Dreams," the big Bollywood musical, several years back. Now Gray will join the cast of "Rent," portraying Mimi in the long-running Jonathan Larson musical about struggling artists on the Lower East Side (before it became gentrified). She begins performances May 29 at the Nederlander Theatre. And several original cast members will be re-upping for another go with the show in midsummer. Adam Pascal, who portrayed Roger, and Anthony Rapp, who was Mark, return to the musical July 30 for a six-week run ending Sept. 9. (AP)

RIC FELD/AP

Usher is putting away his childish things. Like his mother/manager.

EMPLOYMENT

Manager Wanted. Must Nag, Provide Clean Socks

USHER's mother has been his manager since he was a teen, but now the superstar says he wants her to be just "Mom." He confirmed Monday that **JONNETTA PATTON** is no longer in charge of his career, but denied the break was due to any rift. "She and I are on great terms and support each other in our life's endeavors. We are both very happy but are now working in different areas of the business," he said. "Now I get to have my mother strictly as my mother." Usher said he believed that ending their professional relationship would bring them closer. (AP)

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- Learn about the home-buying process & city incentive programs
- Free admission

* Fair opens at 10 a.m. Education sessions begin at 9 a.m.

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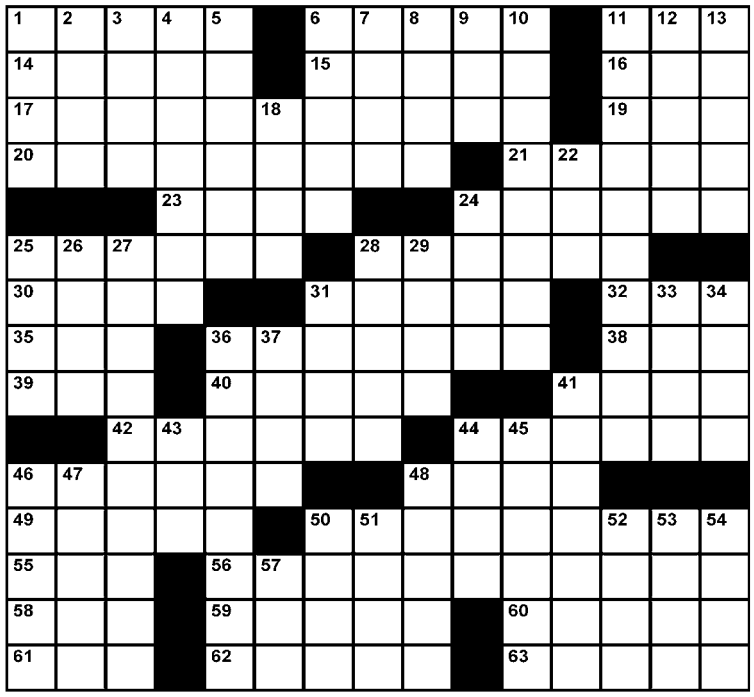
Live Baltimore Home Center
BALTIMORE HOUSING

Look out

Toss About

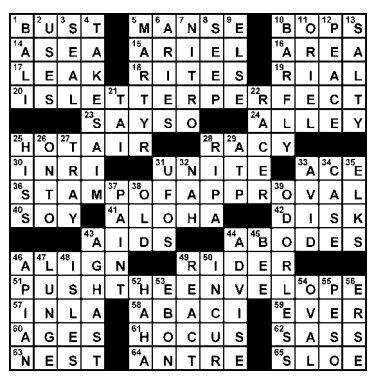


EDITED BY TIMOTHY E. PARKER

ACROSS
1 Houston player
6 Drive
11 Doo-wop song syllable
14 "Apocalypse Now" actor
15 Nigerian money
16 Trail the pack
17 Speech fit for a King
19 Rose-rose link
20 Casualcarpeting
21 Loren's hubby
23 "Citizen ___" (1941)
24 Mount Hood locale
25 Famous spinach eater
28 Bishops' headdresses
30 Hertz alternative
31 Brown of song
32 Cynical laugh
35 Favorite, as a theory
36 The Baltimore Sun and Kansas City Star, e.g.
38 Metallurgist's material
39 Jump a gap, as electricity
40 Key chain?
41 Headliner
42 '60s nonconformist
44 At a rapid tempo, in music
46 Forces back
48 One end of a hammerhead
49 Dispatch boat
50 Requirements for logging on, sometimes
55 A small drink of liquor
56 Cloisters
58 Had a fast break?
59 Scrap the mission
60 Actress Claire
61 ___ in turkey (part of a kindergarten lesson)
62 Uses a stopwatch
63 Some members of the mil.

DOWN
1 "... ___ is in heaven"
2 "Be quiet!"
3 Sign of sorrow
4 Rescinds
5 Sign with an arrow
6 ___ course (soon)
7 Helgenberger of "CSI"
8 Humble and shoo-fly
9 Noteworthy time
10 Eel look-alikes
11 Weapons of old
12 Can't help but
13 From the top
18 "Comus" composer Thomas
22 "___ the land of the free ..."
24 Platte River tribe
25 He was a rolling stone in song
26 Word with "lord" or "board"
27 Instrument tuner's supply
28 More than a scuffle
29 Part of the eye
31 1953 Leslie Caron film
33 The E of QED
34 Apt sandwich for Superman
36 One with immunity and tact
37 Egyptian cobras
41 They're not single in Seville
43 Y pluralized
44 Aphid, to a gardener
45 Ties the knot once more
46 Charged, as a bull
47 Andrew Lloyd Webber musical
48 Attention-getting sounds
50 ___ Penh, Cambodia (Var.)
51 Bern is on it
52 Frodo's burden
53 Insect-repelling chemical
54 Sound of air escaping
57 Kimono sash

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku? Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

2	5	6	8	1	9	4	7	3
4	8	9	6	7	3	5	1	2
3	1	7	2	5	4	6	8	9
1	6	8	7	9	2	3	4	5
5	9	2	4	3	1	8	6	7
7	3	4	5	6	8	2	9	1
8	7	5	9	2	6	1	3	4
6	2	1	3	4	7	9	5	8
9	4	3	1	8	5	7	2	6

7			1				4	
				8	6			5
		9			5	6		3
	5					4		6
	2						3	
3		7					1	
5		4	2			3		
2			8	9				
	7				1			9

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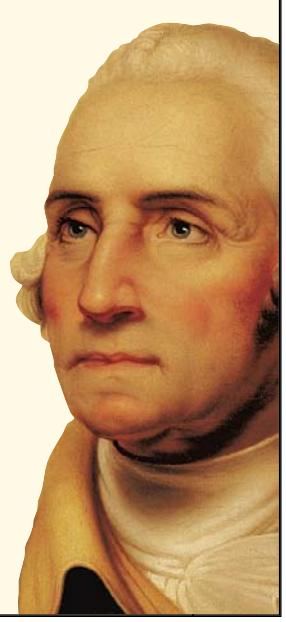

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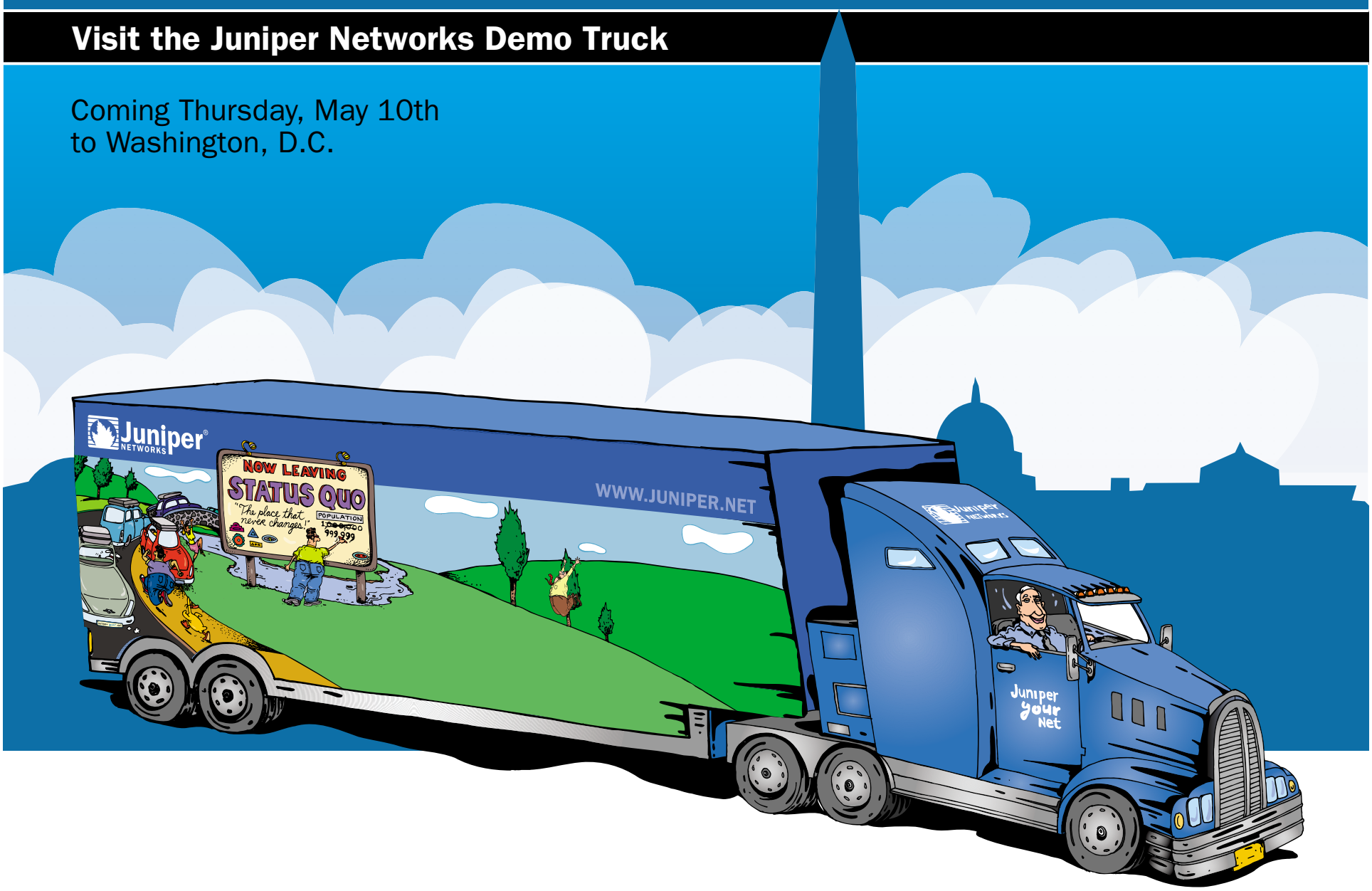

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PHYS ED

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Women: Still as Confusing as Heck

Q I have a friend I'm absolutely crazy about. She says she doesn't have "those kinds of feelings" for me. Yet she says waiting for me on the day I'm flying in is going to be the longest day of her life; gets upset when she hears about women I've had sex with; is very physically affectionate with me to the point that we've spent entire days in bed tightly wrapped up in each other; goes on at length about how much she misses me when we're not together; wants to hold hands when we're in public or while cuddling in bed or on the sofa. It sounds to me like she's in love (and apparently doesn't even know it), but I still wonder: Is there any other reason a woman would behave this way?
– CONFUSED

ERIC REECE

"Oh Paul, I am SO in love with – our amazing friendship."

How are you sure she doesn't know what her feelings are? Is she blanking out when she's cuddling in bed? Has she lost all sensation in her hands and is unaware that she's holding yours? When she says she misses you, is she pretending that she means your whiskers in the sink?

If the sexes in this scenario were reversed and it was a man demanding physical gratification from someone crazy about him (OK, so that might not involve holding hands and cuddling) while steadfastly refusing to admit "feelings," he would not get a rave review. So, I can't let your pseudo-girlfriend off the hook just because she has smaller feet than you do; she is choosing to behave this way. I can't tell you why she doesn't want to admit her feelings for you — it could be fear (on the innocent side) or total exploitation (on the not-so-innocent). But if you want something with her, you have to call her on this contradiction. And if she truly doesn't want to get involved, then you should end the lovey-dovey before your heart gets further trampled.

Q I cannot figure out how to talk to my friend about her constant negativity. We are no longer very close, and part of me wants to bolt altogether. But I also don't feel like that's fair to her, and I used to enjoy being around her. But now there's just so much drama, and she always complains about everyone. I think she is very jealous of other people. It's so tiring, but still I can't really see what I could say about it. – TIRED OF IT IN VA.

If you used to be close, it's hard to justify not saying anything. You need not rent a skywriter to spell out "Debbie Downer!," but you should let her know that she doesn't seem to be the same person she used to be — something that can be helpful for both of you to talk about. If she's depressed or highly anxious, it might be the wake-up call she needs. And if she doesn't want to change, or it has something to do with your friendship growing stale, you'll at least know you did your best before you run from her, screaming.

> **Has she lost all sensation** in her hands and is unaware she's holding yours?

Try this: "For a while now, I've noticed that you don't seem to be quite as happy as you used to be. It's something I haven't really known how to bring up, but I felt like I had to say something." Be open-ended, patient and non-accusatory — the trifecta of the "confronting a friend" process.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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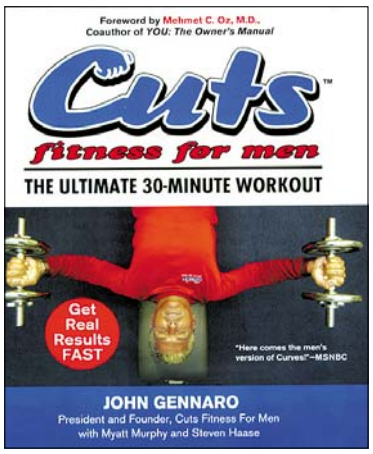
Goods | fit

Water, Worsened

FRUIT20 IS ONE OF THOSE artificially sweetened, vitamin-enhanced waters that came into vogue a few years ago. Initially, it made no boastful claims. Now, Kraft says the drink can increase immunity, help you relax and impart energy. Each magical quality has its own flavor: Respectively, these are berry pomegranate, the Kool-Aid of the devil (aka tropical fruit blend) and melted snow cone (raspberry). The fourth of the new varieties is "Hydration," suggesting that it possesses properties beyond stupid old H2O. Perhaps another atom of oxygen? Wait, that's hydrogen peroxide—which we didn't think tasted like sun-warmed Tang.

NEW IN HEALTH **warm ups**

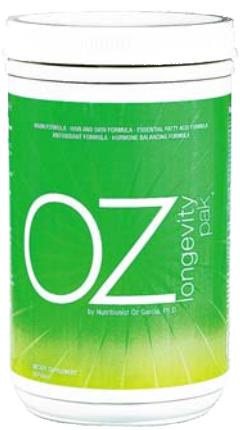


Work Out Like A Cuts Man

THE PHILOSOPHY OF CUTS, the all-male gym chain, is that dudes need a place like Curves. But some guys don't live near one of its locations (the closest to D.C. is in Alexandria). So in the book "Cuts: The Ultimate 30-Minute Workout" ($18), founder John Gennaro brings his circuit series to the masses. He breaks it down three ways—with weight machines at the gym, with dumbbells at home and with resistance bands on the road. It wins points for pushing consistency, but it reads like a recipe for boredom.

Youth: In Tablet Form

ALL OF THE GOODNESS one needs to cheat the ravages of time can't fit into one measly pill. So the Oz Garcia Longevity Pak ($80 for 30 servings, ozgarcia.com) — now new and improved — prescribes six capsules in an array of attractive colors and sizes every day. We can't tell whether the elevated levels of carotenoids really boost brain power, whether the grape seed extracts actually ratchet up tissue health or whether milk thistle indeed effectively cleanses the liver. But we know that it takes a heck of a lot of water to send that many easy-to-swallow pills down one's throat, and there's no doubt that hydrating like that is good for you.

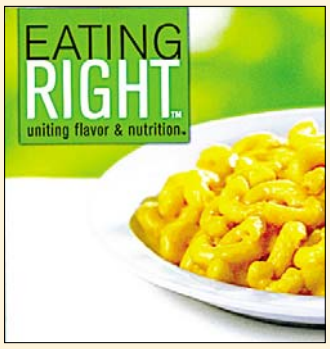


Time to Take a Hike

OUTDOORSY CHILDREN ALWAYS seem to go wandering off, then require a search-party rescue. Help them help themselves with the Explorer Ops Survival Watch ($13, explorerops.com). With a signal mirror, compass, alarm clock, watch, magnifying lens, thermometer and stopwatch, your wee ones will have wrists worthy of Inspector Gadget. Even if they can't figure out how to make their way back to camp, they'll have something to keep them entertained while awaiting the park rangers.

PRODUCTS

GuineaPig



More Calories, Same Idea

WANDERING DOWN THE frozen-food aisle of Safeway (where we knew we shouldn't be!), we saw what looked like a new kind of Lean Cuisines. But these white boxes with a green-and-orange color scheme were "Eating Right" meals, the first step in the grocery chain's forthcoming foray into the healthy eating scene.

Instead of touting calories or fat content on the front, these boxes shout out their greatest benefits ("high in protein," "8 g fiber"), which may be because they're not as skinny as their Lean Cuisine colleagues. They seem to average about 50 calories more than similar meals, and some have more sodium — there's a whopping 770 mg in the mac and cheese. But Safeway's adding new welcome flavors to the diet dinner gang (vegetarian masala!) and, with another option in the sale rotation, you'll always be able to get a decent lunch for $2.

VICKY HALLETT (EXPRESS)

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fit | Phys Ed

Jim Bathurst shows how easily he can hoist up a kettlebell, an Eastern European training tool gaining popularity in the U.S.

Strong Emphasis

Turn your molehills of muscles into mountains

If most people were to grab a 100-pound dumbbell, they would fall over. But Jim Bathurst can grip one and push it above his head while smiling. He can also manage clapping handstand push-ups and one-armed chin-ups. If only the strong survive, well, Bathurst will do quite well for himself. But what about you?

WHAT IT IS: There's more to obtaining beast skills (and, yes, Bathurst's personal Web site is beastskills.com) than just benching barbells. To build students' strength, the class takes a full-body approach, employing a fair number of movements that rely on lifting one's own body weight to target the muscles traditional lifting neglects. And there's a major emphasis on doing stuff right; he constantly hops around the room nitpicking about tucking butts under and keeping elbows in. "You're not going to get hurt when your weight is too heavy," Bathurst says. "That happens when your form is bad."

MOVES: To pack as much as possible into an hour, the exercises keep coming with few sustained breaks, although he rotates between upper body, lower body and core. Don't even think about wimping out by being tardy, or you'll pay the price in push-ups. You'll probably have to do some anyway, though, even if you're punctual — Bathurst has a seemingly endless supply of modifications, from knee push-ups for the weaker students to advanced tweaks like dive-bombers (think about starting in a downward dog pose, diving into a pushup and then reversing the motion). Squats (while gripping dumbbells) and chin-ups are staples, as are variations on plank pose (one arm up, one leg up, one arm and one leg up). And some days, he focuses on just one skill, like deadlifts, a powerlifting style in which you raise a weight from the ground to upper-thigh height.

Work it Out

Balance Sport and Fitness (2200 California St. NW; 202-549-3867; balancegym.com) at 7:30 a.m. Tue. and Thu. Drop-in is $25, and discounts are available with multi-class passes.

> "Before this, I had no ability to do anything but exercise."

WORKOUT: The point of these exercises is to feel the pain, so if anything's too easy, Bathurst will happily make it harder by adding more weight. (He can also tone things down for new students.) So, no matter how tough you think you are when you walk in, prepare to ache the next day. David Benowitz, 38, is no skinny weakling. "I grew up in New Jersey," he explains. But even with his bulging muscles, he says he's gotten more functional strength in eight months of this class than anything he ever did on his own at the gym. "Before this, I had no ability to do anything other than exercise," he says.

CROWD: Hulking dudes make up the majority of students. But there are women, too, and even though they're smaller than the guys, they're still pumping some impressive iron. "Within two months, I could tell a difference," says Emily Roderer, 35, who's been able to lug doors around her house as it's being renovated. The intimate size (about 10 students per class) lends itself to a supportive atmosphere. Which is good, because these are people you'd want on your side.

VICKY HALLETT (EXPRESS)

COURTESY OF Y-ME

Women celebrate after the Y-ME Walk to Empower, which fights breast cancer.

Move It, Mom!

■ Brunches are a nice way to celebrate Mother's Day, but crunches can be even better — both for you and for Mom. This year, the holiday happens to fall during National Physical Fitness & Sports Month, so combine the festivities by sweating with the woman who lugged you around in her body for nine months. (Now that's weight training.)

Both Shakti MindBody Studio and Cleveland Park Yoga, two of the studios participating in D.C. Yoga Week (see next page for details), are offering $5 two-for-one deals for kids and moms who want to double up on downward dog.

At the local chain Sport & Health (sportandhealth.com), all moms get to exercise for free on the 13th. And you don't have to be the mother of a member to take part. The ubiquitous Curves (curves.com) is promoting a new sign-up deal: join now, and summer is free for either mother or daughter.

Or, if mummy dearest prefers to keep it low-impact, make her gift a pledge and bring her along to the Y-ME Walk to Empower (y-me.org), which benefits the breast cancer support group. The three-mile, non-competitive trek at Bull Run Regional Park in Centreville starts at 9 a.m., so there will be plenty of time to gobble down pancakes and mimosas later. V.H.

FIT TIP ►► ABDOMINAL MUSCLES

Ultimate Tummy Tightening

■ You can make ab exercises more effective by using the "drawing-in" maneuver while doing them. "Focus on pulling in the portion of your abs below your navel," says Rodney Corn, NASM-C.P.T. Don't confuse this with the way you normally suck in your stomach. It's lower and tougher than that. Contracting the lower abs activates muscles that are attached to the spine, so that the core stabilizes, allowing for optimal recruitment of the muscles that are most associated with producing the movement. So, push-ups and crunches can be done more effectively while reducing the risk of injury.

ISTOCK PHOTO

Lie on your back and place your hands below your navel. Push your stomach out as much as you can, then contract lightly and hold for 10 seconds. Repeat a few times to get the hang of it. Then do it before and during all exercises.

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VITALSTATS

54

THE PERCENTAGE OF AMERICAN CHILDREN 2 AND UNDER WHO CAN TURN ON THE TV, ACCORDING TO THE JOURNAL PEDIATRICS.

COURTESY CLEVELAND PARK YOGA

The co-owners of Cleveland Park Yoga show off what they can do at their open, airy space in the Cleveland Park Club.

Week of Warrior I

The District's annual celebration of yoga returns

It's no stretch to say Washington continues to improve its position when it comes to yoga.

As folks unroll their mats for the second annual D.C. Yoga Week (May 12-18, dcyogaweek.com), the city continues to welcome new studios, embrace innovative classes and snap up the latest in gear and apparel.

Each of the 14 participating studios is offering free and $5 classes, but that's far from all. So, take a deep breath of fire, and take a look at some of the week's highlights.

DEBUTS: If you haven't heard of Shakti MindBody Studio, (1015 7th St. NW; 202-783-6463; shaktimindbodystudio.com), that's because it just opened for business April 30. The newcomer boasts an ambitious schedule, featuring several pranayama/meditation sessions per week, shorter, midday classes for the Penn Quarter lunch crowd, and a Friday Shakti "Happy Hour" of yoga and refreshments to kick off the weekend.

Six-month-old Cleveland Park Yoga (3433 33rd Place NW; clevelandparkyoga.com) is hoping to lure new clientele by expanding the week's offerings from two classes to five. Rookies will appreciate the beginner-centric approach.

OTHER STUDIOS INVOLVED

➜ Bikram Yoga Capitol Hill, Bikram Yoga Dupont, Bikram Yoga Tenleytown, Capitol Hill Yoga, Inspired Yoga, Tranquil Space and Unity Woods Yoga Center are also participating. Find contact information at dcyogaweek.com.

ENLIGHTENMENT: For more seasoned students looking to advance their practice, Flow Yoga Center (1450 P St. NW; 202-462-3569; flowyogacenter.com) is holding a free workshop on tantra, an ancient technique for finding bliss (Sat., 1:30 p.m.-4:30 p.m.).

Georgetown Yoga is bringing in the renowned Kino MacGregor from Miami for "An Ashtanga Weekend." The sessions ($50 each or $175 for all four) deal with increasing strength, improving technique and understanding yoga philosophy.

DEALS: Increasing one's practice can be a pricey proposition, which is why the week is a good chance to nab some discounts. At SomaFit (2121 Wisconsin Ave. NW; 202-965-2121; somafit.com), all yoga packages are 10 percent off — as are spa packages, which may come in handy if you go overboard on the free yoga classes. Pass on the discount to your buddies at Spiral Flight Yoga (1826 Wisconsin Ave. NW; 202-965-1645; spiralflightyoga.com), where paying students can bring a pal for free all week.

Shoppers can get some relief at Circle Yoga (3838 Northampton St. NW, 202-686-1104, circleyoga.com), where all gear will be 10 percent off. And at the three Whole Foods stores within city limits (Tenleytown, Georgetown and P Street), they can register for a drawing to win an array of prizes, including Lululemon Athletica clothing and free yoga and spa passes.

VICKY HALLETT (EXPRESS)

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STUDIES

Stethoscope

Ban the Burgers

■ News flash! Everything causes cancer! Well, no. But sometimes it feels like it. A University of South Carolina study found that post-menopausal women who eat a lot of red meat, whether it's grilled, barbecued or smoked, have a much higher risk of breast cancer. And if you eat meat and don't get your servings of fruit and vegetables — well, let's just say you'll want to have that health insurance. The good news: Consumption of poultry and fish was harmless, so there's no need for fruitarianism.

One-Two Punch

■ "Hey," you think, as the other man in the ring punches you in the head, "I'm not a professional boxer. I can't get hurt! After all, I'm not getting paid!" For the record, this line of thinking does not make sense. Amateur boxers sustained just as much brain damage as the pros, according to a new Swedish study. So, forget your Rocky fantasies. You're hurting yourself.

Healthy Imperfections

■ Irony is so sweet. It turns out perfectionists are making themselves sick — and, therefore, are imperfect. A Swiss study found that men who scored high on a test of perfectionism also released more stress hormones when thrown into high-pressure situations. They were exhausting themselves and upping their risk for heart disease. Remember that kid in kindergarten who always did everything right and made you look bad? You'll outlive him. We hope that's a comfort.

Young Hearts Attack, Too

What to do in your 30s to ward off cardiac problems later in life

Heart attacks aren't just for older, overweight men with high cholesterol and high blood pressure.

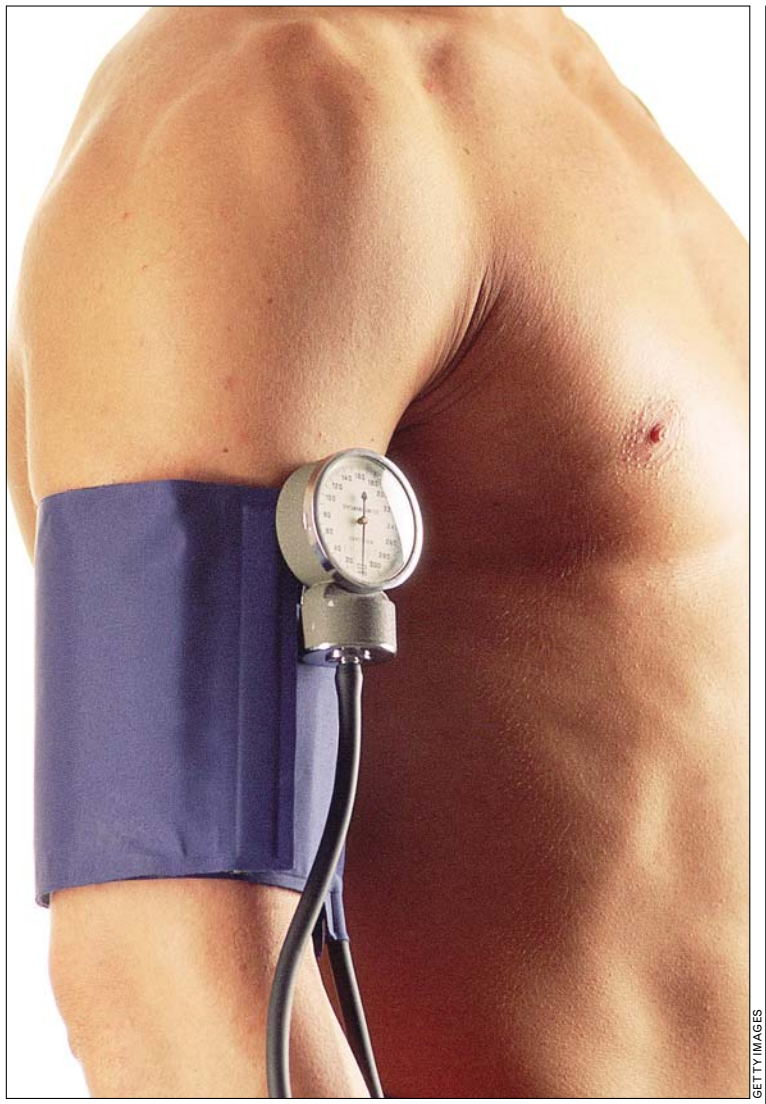
Northwestern's football coach Randy Walker, a fit 52, recently dropped dead from a heart attack, and doctors are seeing patients in their 40s come in with heart disease, due to self-inflicted risk factors, according to Dr. Ian Wittstein, an assistant professor at the Johns Hopkins University School of Medicine and its Heart Institute. Middle-aged men need to be on guard.

Beware of Risk Factors

"In half of the cases of heart attacks, the heart attack is the first time the patient finds out about heart disease," says Richard Stein, director of preventive cardiology at Beth Israel Medical Center. More than 60 percent of heart attacks have to do with simple lifestyle issues, such as diet, exercise and cigarette smoking, and medical issues such as high blood pressure and high cholesterol that are easy to detect and treat.

Stress Less

Research shows that not only do you have to watch your risk factors, but it's also imperative to be aware of your family history and to manage your stress level. According to the 2004 INTERHEART study in the Lancet, stress is one of three main risk factors for coronary artery disease and is responsible for a fifth of heart attacks worldwide.



GETTY IMAGES

Release the Pressure

It's possible to lessen your risk of heart disease by using calming stress management techniques. Duke University Medical researchers conducted a study with 107 patients who had a history of heart problems. To lower the risk of heart attacks, researchers divided the patients into three treatment groups; a third of the group exercised, another third received standard care, and the last third learned stress management techniques through four months of therapy and training. The stress management group fared the best, with a 74 percent reduction in cardiac events over the five-year analysis.

More than 60 percent of heart attacks have to do with lifestyle issues.

Modify Your Lifestyle

Starting in your mid- to late-30s, take measures to prevent heart disease by doing the following:

1. Be aware of major risk factors: hypertension, high cholesterol, cigarette smoking, having a family history of heart disease and diabetes.
2. Eat seven to nine servings of fruits and vegetables each day, says Stein. And get at least two hours of moderately intensive exercise each week, he recommends.
3. Make an appointment to be evaluated. The evaluation and blood test will reveal your cholesterol, triglycerides, fasting lipid profile and blood pressure. From this, the doctor can determine whether you need to have a heart scan or whether you need to be prescribed medication like statins.
4. Don't deny symptoms. If you have "shortness of breath or chest pains from exertion, get to the hospital right away," warns Stein.
5. Use medication. "If a physician recommends it, get started on medication, like statins, that can help you modify your risk factor," Wittstein says. If you have a family history or believe you are at risk, also take an 81 mg to 160 mg aspirin tablet each day as a precaution. JAMIE BELLAVANCE

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hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you tired, withdrawn and irritable? Do you experience brief episodes in which you tear off your clothes, shout obscenities, run around crazily, roll in the snow and lose consciousness? Are you a member of an Arctic society? You could have **PIBLOKTOQ**, also known as arctic hysteria. (The word comes from "piblokto," which is Inuit for "frenzy.") It's an example of a culture-bound syndrome — difficult-to-classify mental disorders limited to specific societies. Many possible causes of pibloktoq have been proposed, including hypervitaminosis A. In English, that means way too much vitamin A, which is abundant in the Inuit diet.

SOURCE: PUBMED, OXFORD DICTIONARY OF PSYCHOLOGY. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

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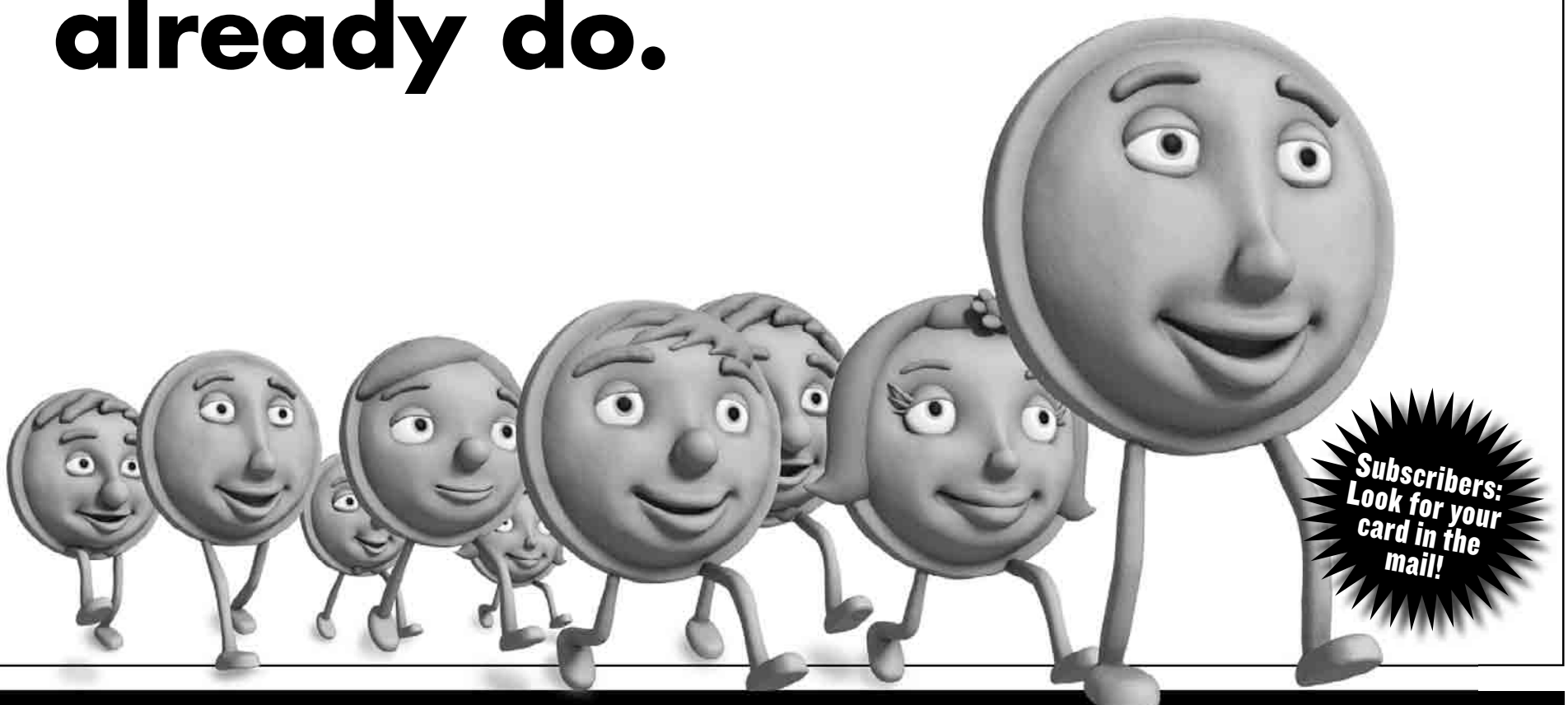

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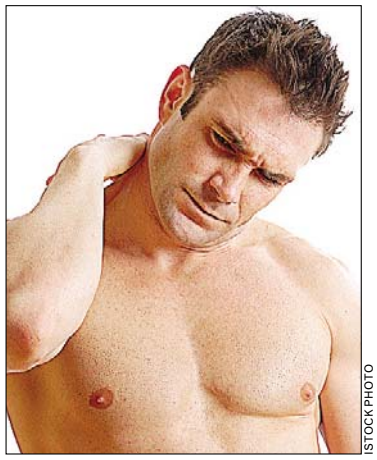
Damage Control Central

Sometimes you can be your own worst enemy. Here's how to recover when pain or injury is nobody's fault but yours.



ISTOCK PHOTO

If you're sore after a workout, being sedentary won't help the pain fade.

YOUR AMBITIOUS WORKOUT LEFT YOU SORE

THE QUICK FIX: Stay in motion. Soreness is normal after exercise and will start to go away with movement. But if you've suffered a strain, your range of motion will be limited, especially when you walk up stairs or bend over. Ice the injured muscle and take an anti-inflammatory to reduce pain and swelling.

THE BIG PICTURE: As you recover, work out around your damaged muscle groups. For instance, if you have a minor shoulder injury, use less weight and switch to a close-grip bench press to favor your triceps rather than your shoulders.

A DAY AT THE BEACH SCORCHED YOUR SKIN

THE QUICK FIX: Smother the flames. "A sunburn is like a fire," says dermatologist Jerome Litt. "Treat it like one." A wet cloth or bathtub of cool water can help the healing. Headaches, fever or chills can indicate sun poisoning, which requires a trip to the doctor's office.

THE BIG PICTURE: Moisturize. Apply 1 percent hydrocortisone cream or zinc oxide at night and use a lotion with aloe vera during the day. On your next beach trip, wear sunscreen and feed on foods high in vitamin E and carotenoids — carrots, sunflower seeds — which help skin resist UV damage.

YOU SUPERSIZED EVERYTHING

THE QUICK FIX: Rough it. The less time food spends in your digestive tract, the less havoc it can wreak. Make sure your next meal has lots of fiber.

THE BIG PICTURE: The soluble fiber in whole grains and beans helps flush LDL (bad) cholesterol out of your bloodstream, while potassium — abundant in baked potatoes and squash — helps lower sodium-spiked blood pressure.

YOU CLOSED DOWN THE BAR

THE QUICK FIX: Give the booze some company. "Alcohol increases the secretion of acid in your stomach," says alcohol researcher Aaron White. Eat toast before bed to reduce morning queasiness, and wash it down with Alka-Seltzer.

THE BIG PICTURE: Play catch-up. Drinking makes you fall asleep faster but interrupts natural sleep rhythms. Hit the hay an hour earlier for three days to fix your sleep balance. (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

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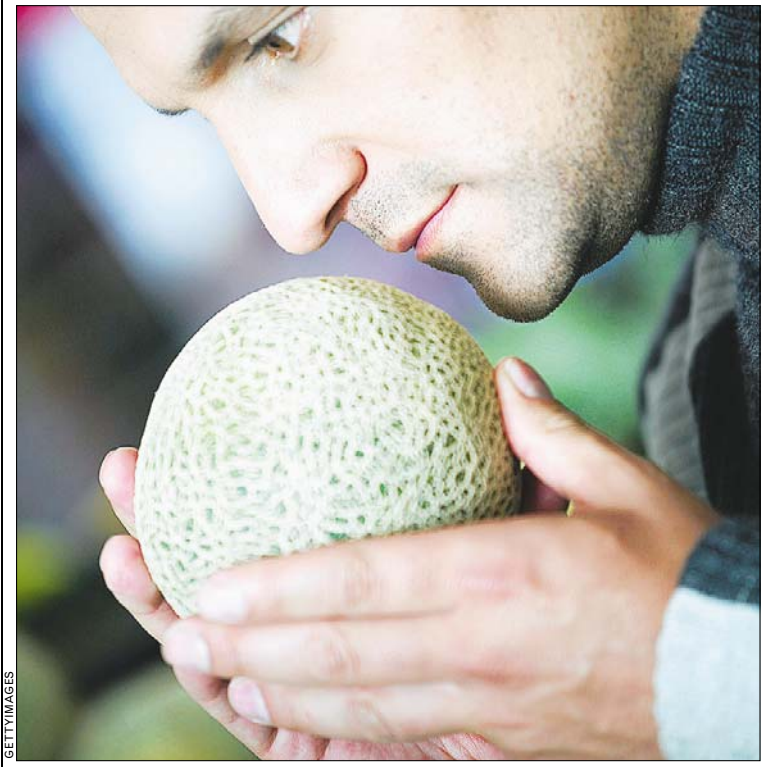

GETTYIMAGES

Is This Ripe or Rotten?

The pursuit of the perfect fruit makes for some odd supermarket rituals. To get the most nutritious bang for your next squeeze, pinch, sniff, shake or knock and follow these tips.

Strawberries

➜ **PICK IT**: Buy berries that are firm and full of color. Smaller equals sweeter. "If the container is already stained, the berries are likely overripe," says Lisa Tartamella, R.D., manager of the nutrition clinic at Yale-New Haven Hospital.

➜ **STORE IT**: Don't binge — berries go bad in two to three days and should be refrigerated after purchase. Frozen, they'll keep for up to a year.

Plums

➜ **PICK IT**: Look for a rich, vibrant color. The fruit should be soft, but shouldn't indent if you press it.

➜ **STORE IT**: Keep unripened plums at room temperature; toss them in the fridge once ripe.

Peaches

➜ **PICK IT**: Ripe peaches are medium-soft to the touch and fuzzy in texture. All fruits with pits should yield gently at the press of your thumb.

➜ **STORE IT**: Keep peaches on the counter. If you buy hard peaches, soften them up in a loosely closed brown bag. Add a ripe apple for every five peaches. The ethylene produced by apples speeds the ripening process, according to the University of California at Davis's department of pomology.

Grapefruit

➜ **PICK IT**: Find firm grapefruit that are heavy for their size. Avoid soft peels that lack color — the fruits are likely overripe or sour, says Terrance Brennan, chef and owner of Picholine and Artisanal Fromagerie and Bistro in New York City.

➜ **STORE IT**: Grapefruit keep for a week at room temperature or for up to eight weeks in the fridge, thanks to their thick skin.

Melons

➜ **PICK IT**: The stem should smell of fruit. Melons should feel heavy, but shouldn't slosh when shaken. Be willing to work for your melon! That means avoiding the pre-cut aisle. "Pre-cut fruit deteriorates quickly," Brennan says.

➜ **STORE IT**: Slice what you're ready to eat and put the rest in the fridge — you'll have two days to finish the leftovers. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

ISTOCK PHOTO

Hemp Gets Hip

The nutrition police love this heart-healthy food

If anyone had told me a few years back that edible hemp would go mainstream, I'd have asked what they were smoking.

But this little seed — a marijuana relative without the psychedelic effects — has grown into one of the hot new ingredients of 2007, with sales of hemp products such as milk, cereal and snack bars up 35 percent since last year. Although novelty might be driving the hemp hype, it's not a fad that's likely to fade anytime soon. Hemp actually has a lot going for it nutritionally:

➔ **IT'S AN EXCELLENT SOURCE** of protein. Hemp seeds are one of the few plant sources of all nine essential amino acids your body needs to build and repair muscle. That's a boon for vegetarians because most non–animal sources of protein are incomplete.

➔ **IT'S PACKED** with good-for-you fats. Hemp is a good source of omega-3 fatty acids, which may help prevent heart attacks and reduce inflammation (but, unlike heart-healthy seafood, hemp is mercury free).

➔ **IT HAS** a lot of other hard-to-get nutrients, including fiber, B vitamins, iron and vitamin E.

➔ **MOST NATURAL FOOD STORES** sell whole, shelled hemp seeds in canisters and resealable packages; sprinkle them on cereal and salad or mix them into bread dough and muffin batter. (Unlike flaxseed, they require no grinding to release their nutritional benefits.)

➔ **YOU MIGHT ALSO TRY** hemp oil to add a mild, nutty taste to vinaigrettes. But the easiest way to sample hemp is to buy it in versions of foods you already eat that have hemp as an ingredient. We had a team of tasters sample new hemp products. Though some were best left at the food co-op (pea soup–colored hemp butter, anyone?), the four here were easy, tasty ways to boost your heart health at breakfast and beyond.

A Winning Breakfast

Made with organic whole grains and both flax and hemp seeds, LifeStream Hemp Plus Waffles taste like an indulgence. Each one packs triple the fiber of regular toaster waffles. ($3.39 for an 11-ounce box; naturespath.com)

➔ **2 WAFFLES**: 210 cal, 6 g pro, 28 g carb, 9 g fat, 1 g sat fat, 0 mg chol, 5 g fiber, 400 mg sodium

A Healthier Granola

Nature's Path Hemp Plus Granola, made with rolled oats and hemp and flaxseeds, has half the calories of regular granola. ($3.99 for an 11.5-ounce box; naturespath.com)

➔ **1/2 CUP**: 140 cal, 3 g pro, 20 g carb, 5 g fat, 0 g sat fat, 0 mg chol, 3 g fiber, 25 mg sodium

Smarter Snack

In general, hemp snack bars have far less sugar and sodium than traditional options. Testers loved the coconut, mango and pineapple AlpSnack ($33 for a box of 12; drbronner.com). Nature's Path Hemp Plus Granola Bars were a kid fave. ($3.99 for a box of five; naturespath.com)

➔ **1 ALPSNACK**: 210 cal, 5 g pro, 24 g carb, 12 g fat, 4 g sat fat, 0 mg chol, 3 g fiber, 70 mg sodium

Nature's Best Milk

With naturally occurring omega-3s and fiber that you won't find in rice, soy or cow's milk, the nutty hemp variety is a great alternative to pour over cereal. We liked Living Harvest Hempmilk ($4.59 for 32 ounces; livingharvest.com)

➔ **1 CUP**: 130 cal, 4 g pro, 20 g carb, 3 g fat, .5 g sat fat, 0 mg chol, 1 g fiber, 120 mg sodium. MARGE PERRY

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It's All Greek to Me

Spicy Lemon Chicken, makes 6 servings

INGREDIENTS: 6 skinless chicken legs (divided into 6 thighs and 6 drumsticks); grated zest and juice of 2 lemons; 4 garlic cloves, minced; 1 large onion, finely chopped; 1 teaspoon sambal oelek (Indonesian chili sauce, or any Asian chili sauce); 2 tablespoons olive oil; 1/4 teaspoon salt; freshly ground black pepper; 1/4 cup chopped flat-leaf parsley.

MAKING IT: In a medium bowl, combine the lemon zest and juice, garlic, onion, sambal oelek, olive oil, salt and pepper. Transfer the chicken and marinade to a zip-close plastic bag and seal. Place the bag in the refrigerator to marinate overnight, or about 10 hours. Preheat oven to 350 F. Remove the chicken from the marinade and arrange on a large roasting pan. Roast until cooked though, about 45 minutes to one hour. When the chicken is pierced with a knife, the juices should run clear. Serve hot, sprinkled with the parsley. (AP)

AP

PER SERVING: 249 calories, 26 g protein, 7 g carbs, 9.5 g fat (2 g sat. fat), 197 mg sodium, 1 g fiber

THE EXPERTS

ChewOnThis

Not Fishy at All

Q I love sushi and eat it four to five times a week (but usually only a few pieces at a time). I'm thinking it may not be as healthy as I first thought, because of all the white rice (basically sugar). What's the word on sushi?

SUSHI MAKES A GREAT MEAL and snack for a variety of reasons. First, it's relatively low in calories — each roll contains just 150. Secondly, sushi is all but devoid of the "extras" you find in many other restaurant meals, like saturated fats, trans fats and sodium (if you opt for reduced-sodium soy sauce). Third, it's good for your

health! Fish is packed with lean protein, and fatty fish like salmon and tuna also provide heart-healthy brain-boosting omega-3 fatty acids.

Just make sure your sushi comes from a clean, reputable establishment. Finally, if the majority of your carbohydrates come from unrefined, whole-grain foods (e.g. fiber-rich whole-grain bread, oatmeal and whole-wheat pasta), don't worry about the white rice that comes along with your favorite sushi rolls.

Or, look for sushi made with brown rice (check out your local Whole Foods Market) or ask whether you can special-order it. And don't forget the veggies: Round out your meal with a seaweed or spinach salad.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

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